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# Welcome

## ...to Fast & Fresh Vegetarian 2024.

Summer is the season of abundant fruit and vegetables, so it's a perfect time for vegetarian cooking. Let our collection of meat-free recipes inspire you to get the most out of seasonal produce, from fast, filling lunches (p14), to crowd-pleasing vegan dinners (p24) and a summery take on Sunday lunch (p100). Plus, don't miss our colourful salads (p104) and fruity frozen puds (p112). Happy cooking!

Janine

Janine Ratcliffe,  
deputy editor

### Vanilla & cinnamon breakfast rice

*This healthy, rice-based vanilla and cinnamon breakfast is topped with apricots and walnuts, and will fill you up for the morning.*

**SERVES 4** **PREP 10 mins**

**COOK 30 mins** **EASY**

200g wholemeal basmati rice  
200ml whole milk  
2 tsp vanilla extract  
3 bay leaves  
1 cinnamon stick  
12 dried apricots, split in half  
crosswise (so they still look whole)  
4 x 100ml pots bio yogurt  
12 walnut halves, broken into pieces

**1** Tip the rice into a large, deep non-stick pan with 600ml water, the milk, vanilla, bay leaves and

cinnamon stick. Bring to the boil, then cover and simmer for 25-30 mins until the rice is tender. Check to ensure it doesn't boil dry towards the end of the cooking time.

**2** Meanwhile, tip the apricots into a small pan with 300ml water, and cook over a low-medium heat for 10-15 mins until tender. Set aside.

**3** Remove the bay leaves and cinnamon stick from the rice, then stir in half the yogurt. *Both the rice and the apricots will keep chilled, separately, for up to 24 hrs.* Spoon the rice into bowls and top with the remaining yogurt, the apricots and their juices, and the walnut halves. *If you've prepared the rice and apricots the day before, eat cold or reheat until warm, adding a splash of milk to the rice to help loosen it.*

**PER SERVING** 378 kcal · fat 11g · saturates 4g · carbs 54g · sugars 18g · fibre 4g · protein 14g · salt 0.3g

You can find even more vegetarian and vegan recipes at [goodfood.com](https://www.goodfood.com)

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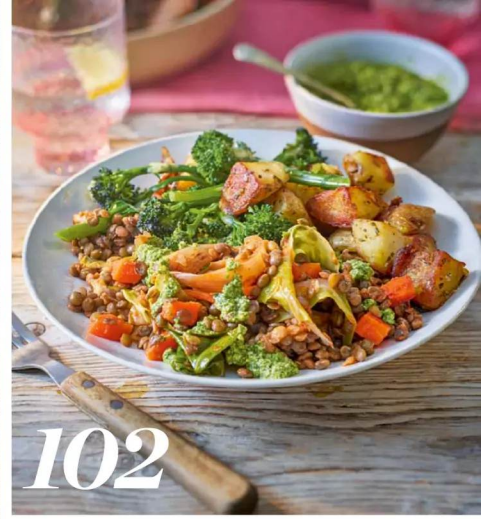


Smoked tofu  
vegan burger, p31

photograph  
EMMA BOYNS







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# *Easy, breezy* summer breakfasts

Kick-start your day in the best possible way with on-the-go smoothies, relaxed pancake brunches or an indulgent fry-up





## Vegan fry-up

*This plant-based twist on a classic British fry-up has all the essentials, including vegan sausages.*

**SERVES 2** **PREP** 15 mins plus cooling **COOK** 40 mins **EASY** **VE**

### For the hash browns

1 large potato, unpeeled

1½ tbsp peanut butter

### For the tomatoes and mushrooms

14 cherry tomatoes

4 tsp sunflower oil, plus extra for frying

2 tsp maple syrup

1 tsp soy sauce

¼ tsp smoked paprika

1 large Portobello mushroom, sliced

### For the scrambled tofu

350g silken tofu

2 tbsp nutritional yeast

½ tsp ground turmeric

1 garlic clove, crushed

### To serve

200g can baked beans

4 vegan sausages

**1** Boil the potato in a large pan of water for 10 mins. Drain and leave to cool, then peel and coarsely grate. Combine with the peanut butter and season well. Set aside in the fridge until needed.

**2** Heat the oven to 200C/180C fan/gas 6. Put the tomatoes on a baking tray, drizzle over half the oil, season and roast for 30 mins until the skins have started to char. Meanwhile, cook the beans and sausages following pack instructions.

**3** Mix the maple syrup, soy sauce and smoked paprika together in a large bowl, add the mushrooms and toss to coat. Heat the remaining oil in a non-stick frying pan over a medium-high heat and fry the mushrooms until just golden. Keep warm on a plate.

**4** Drizzle a glug of oil in the frying pan and add spoonfuls of the potato mixture – you should get about four. Fry for 3–4 mins on each side, then transfer to a plate lined with kitchen paper to drain.

**5** Crumble the tofu into the frying pan, sprinkle over the remaining ingredients and season. If the pan looks dry, add a splash more oil. Fry for 3–4 mins, or until the tofu is well coated in the seasoning and warmed through. Divide everything between two plates to serve.

**PER SERVING** 644 kcals • fat 26g • saturates 4g • carbs 56g • sugars 19g • fibre 11g • protein 41g • salt 3.1g



## Berry bircher

*These overnight oats are low in fat and take five minutes to prepare. Pack them with frozen raspberries, bio yogurt and golden linseeds for a healthier start to your day.*

**SERVES 2** **PREP** 5 mins plus overnight chilling **NO COOK** **EASY**

70g porridge oats

2 tbsp golden linseeds

2 ripe bananas, peeled

140g frozen raspberries

175g natural bio yogurt

**1** Tip the oats and linseeds into a heatproof bowl, pour over 200ml boiling water from the kettle and stir well. Add the bananas and three-quarters of the raspberries (chill the rest), mash everything together. Cover and chill overnight. **2** The next day, layer the raspberry oats in two tumblers or bowls with the yogurt, then top with the reserved raspberries and serve.

**PER SERVING** 372 kcals • fat 9g • saturates 2g • carbs 55g • sugars 27g • fibre 9g • protein 13g • salt 0.2g





### Peanut butter & date oat pots

*These make-ahead oats can be made a few days in advance, and are naturally sweetened with dates and cinnamon. They're also a good source of calcium.*

**MAKES 6 PREP 10 mins**  
**NO COOK EASY**

180g porridge oats  
75g crunchy peanut butter  
40g stoned medjool dates, chopped  
2 tsp vanilla extract  
600g natural bio yogurt  
ground cinnamon, for dusting

**1** Tip the oats into a large heatproof bowl and pour over 600ml boiling water from the kettle. Add the peanut butter, dates and vanilla, and stir well. Leave to cool, then stir through 240g of the yogurt. Add a splash of water if the mixture is a little stiff.

**2** Spoon the oats into glasses, then top with the remaining yogurt and dust with some cinnamon. Cover and chill until ready to eat. *Will keep chilled for up to five days.*

**PER SERVING** 299 kcal • fat 11g • saturates 3g • carbs 34g • sugars 13g • fibre 4g • protein 13g • salt 0.2g

### Strawberry green goddess smoothie

*Start your day with this sweet fruit drink that's balanced with spinach and avocado – it provides calcium, vitamin C, folate and fibre.*

**SERVES 2 PREP 5 mins EASY**

160g ripe strawberries, hulled  
160g baby spinach  
1 small avocado, peeled, stoned and halved  
150ml bio yogurt  
2 small oranges, juiced, plus ½ tsp zest

**1** Put all the ingredients in a blender and whizz until completely smooth.  
**2** If the smoothie is too thick, add a splash of cold water, then blitz again. Serve straightaway.

**PER SERVING** 226 kcal • fat 13g • saturates 4g • carbs 16g • sugars 15g • fibre 6g • protein 8g • salt 0.2g





### Easy banana pancakes

*Transform overripe, blackened bananas into sweet and fluffy American-style pancakes. Serve with maple syrup and crunchy, toasted pecan nuts for brunch.*

**MAKES** 12 pancakes **PREP** 5 mins  
**COOK** 12 mins **EASY**

350g self-raising flour  
1 tsp baking powder  
2 overripe bananas, peeled  
2 medium eggs  
1 tsp vanilla extract  
250ml whole milk  
knob of butter

#### To serve

2 just-ripe bananas, peeled and sliced  
maple syrup (optional)  
pecan halves, toasted and roughly chopped (optional)

**1** Sieve the flour, baking powder and a generous pinch of salt into a large bowl. Mash the bananas in a second bowl until smooth, then whisk in the eggs, vanilla and milk. Make a well in the centre of the dry ingredients, tip in the wet mixture and whisk into a smooth, silky batter.

**2** Melt a small knob of butter in a large non-stick pan over a medium

heat. Add 2-3 tbsp of the batter to the pan and cook for several minutes, or until small bubbles start appearing on the surface. Flip the pancake over and cook for 1-2 mins on the other side. Repeat with the remaining batter, keeping the cooked pancakes warm in a low oven.

**3** Stack the pancakes on plates and top with the banana slices, a glug of maple syrup and a handful of chopped pecans, if you like.

**PER SERVING** 484 kcal • fat 7g • saturates 3g •  
carbs 87g • sugars 19g • fibre 5g • protein 15g • salt 1.2g





## Vanilla poached pears with almond butter porridge topping

*A make-ahead breakfast topping that's ideal for porridge, or serve with yogurt or pancakes.*

**SERVES 2 PREP 10 mins**  
**COOK 20 mins EASY**

100g caster sugar  
½ lemon, juiced  
1 vanilla pod (or 1 tsp vanilla bean paste)  
2 small pears, peeled, halved and cored  
1 tbsp almond butter  
handful of toasted flaked almonds  
porridge, Greek-style yogurt or pancakes, to serve

**1** Mix the sugar and lemon juice with 200ml water in a small saucepan.

Halve the vanilla pod and scrape the seeds into the pan, then drop in the pod (or add the vanilla bean paste).

Warm over a medium-low heat until the sugar has dissolved.

**2** Add the pears and cover the surface with a circle of baking parchment (this will ensure the pears cook through evenly). Cook for 15-20 mins until the pears feel soft when poked with a knife, then leave to cool. *Will keep chilled in the liquid for a week.*

**3** Mix the almond butter with enough of the poached pear liquid to form a drizzling consistency, then spoon this over your porridge, yogurt or pancakes, and top with the pears. Scatter over the almonds to serve.

**PER SERVING** 208 kcals • fat 11g • saturates 1g • carbs 19g • sugars 19g • fibre 3g • protein 5g • salt none



## Pineapple smoothie

*Ready in only 10 minutes, this tangy drink is great for breakfast, and children will love it, too.*

**SERVES 1 PREP 10 mins EASY VE**

150g pineapple, trimmed, peeled and chopped  
1 small banana, peeled and sliced  
1 lime, juiced  
ice (optional)

**1** Blitz the pineapple in a blender with the banana, lime juice and 50ml cold water until smooth.

**2** Fill a tall glass with ice, if you like, then pour over the smoothie and serve immediately.

**PER SERVING** 140 kcals • fat 0.4g • saturates none • carbs 31g • sugars 29g • fibre 4g • protein 2g • salt none





### Cheat's kouign-amann

*This sugary pastry dish from Breton in France is traditionally made with dough that's similar to croissants. Making them from scratch is a challenge, so we've come up with this simple cheat's version.*

**MAKES 12** **PREP** 20 mins  
**COOK** 30 mins **EASY**

butter, for the tin  
50g golden granulated sugar, plus  
extra for sprinkling

2 x 250g tubs croissant dough

**1** Heat the oven to 200C/180C fan/gas 6. Generously butter a 12-hole muffin tin. Scatter the sugar over a work surface, unravel the dough, then roll it out on top of the sugar to make a rectangle that's roughly double the size of this magazine, scattering over more sugar as you roll.

**2** Cut the rectangle into 12 rough squares. Bring the corners of each one together, and scrunch them into the tin.

**3** Scatter over more sugar and bake for 30 mins until puffed up, dark golden and caramelised – turn down the oven if they brown too quickly. Remove from the tin while they're hot (otherwise they'll stick) and leave to cool before serving.

**PER SERVING** 168 kcals • fat 9g • saturates 5g •  
carbs 18g • sugars 7g • fibre 1g • protein 3g • salt 0.6g



## Mango lassi

*Honey mangoes (also known as champagne or Ataulfo) are ideal for this drink. They're sweeter, more flavoursome and less fibrous than other varieties.*

**SERVES 6 PREP 10 mins EASY**

3-4 ripe mangoes, stoned, peeled and chopped (honey mangoes, if possible)

500g natural yogurt

2 tsp ground cardamom

1 tbsp honey

2 limes, juiced (or to taste)

ice

**1** Put the mango pieces, yogurt, cardamom and honey in a food processor, and blitz until smooth.

**2** Add the lime juice and a pinch of salt to taste, then pour into glasses with ice cubes and serve immediately.

PER SERVING 131 kcal • fat 3g • saturates 2g •  
carbs 20g • sugars 20g • fibre 1g • protein 5g •  
salt 0.2g





## Drop scones (scotch pancakes)

*Serve these delicious pancakes with syrup and a handful of seasonal fruits for an indulgent breakfast.*

**MAKES** 12-15 **PREP** 5 mins  
**COOK** 16 mins **EASY**

200g plain flour  
½ tsp baking powder  
50g golden caster sugar  
1 medium egg, beaten  
200ml milk  
vegetable oil, for frying  
butter, maple syrup and fruit,  
to serve (optional)

**1** Sieve the flour into a bowl and add the baking powder, sugar and ½ tsp salt. Whisk the egg and milk together in a jug, then pour into the dry mixture and whisk until you have a smooth, thick batter.

**2** Heat a drizzle of oil in a large frying pan over a medium heat and, once hot, spoon 2 tbsp of the batter into the pan. You will be able to make about four or five small pancakes at a time. Cook for 2-3 mins until the edges are set and bubbles rise to the surface. Flip and cook for another 2-3 mins until golden brown and cooked through. Repeat with the remaining batter, keeping the cooked ones warm in a low oven, if you like. Add another drizzle of oil to the pan when needed.

**3** Top the pancakes with a little butter, a drizzle of maple syrup and seasonal fruit, if you like.

**PER SERVING** 92 kcals • fat 3g • saturates 1g •  
carbs 15g • sugars 4g • fibre 1g • protein 3g • salt 0.3g





# Speedy salads and sandwiches

Quick and nutritious midday meals, perfect for lunchboxes



## Roasted cauli-broc bowl with tahini hummus

*Layer veg into this quinoa bowl for a satisfying lunch.*

**SERVES 2 PREP 10 mins**  
**COOK 30 mins EASY VE**

400g cauliflower and broccoli florets  
2 tbsp olive oil  
250g ready-to-eat quinoa  
2 cooked beetroots, sliced

large handful of baby spinach  
10 walnuts, toasted and chopped  
2 tbsp tahini  
3 tbsp hummus  
1 lemon, ½ juiced, ½ cut into wedges

**1** Heat the oven to 200C/180C fan/gas 6. Put the cauliflower and broccoli in a large roasting tin with the oil and a sprinkle of sea salt flakes. Roast for 25-30 mins until the veg is browned. Leave to cool completely.

**2** Divide the quinoa between two bowls. Top with the beetroot slices, spinach, cauliflower, broccoli and walnuts. Combine the tahini, hummus, lemon juice and 1 tbsp water in a small pot. Before eating, drizzle the dressing over the quinoa bowls. Serve with the lemon wedges on the side for squeezing over.

**PER SERVING** 533 kcals • fat 37g • saturates 4g •  
carbs 28g • sugars 6g • fibre 10g • protein 16g •  
salt 0.8g





Stuffed  
rainbow  
baguette, p16





## Bean, chickpea & feta salad

*Serve this salad whenever you're craving flavours inspired by the Mediterranean.*

**SERVES 4** **PREP** 5 mins  
**COOK** 10 mins **EASY**

400g green beans, trimmed and halved  
3 tbsp olive oil  
2 x 400g cans chickpeas, drained and rinsed  
1 garlic clove, roughly chopped  
7 sundried tomatoes in oil, drained  
2 roasted red peppers from a jar  
1 tbsp sherry vinegar  
200g vegetarian feta, broken into chunks

**1** Heat the oven to 200C/180C fan/gas 6. Spread the green beans over a baking tray, season and drizzle over 1 tbsp oil. Roast for 10 mins until lightly charred, then tip into a bowl along with the chickpeas.

**2** Make a dressing by blitzing the garlic, sundried tomatoes, peppers, vinegar and remaining oil together in a food processor. Season, stir into the bean mixture along with the feta, and serve.

**PER SERVING** 404 kcals • fat 25g • saturates 8g • carbs 28g • sugars 6g • fibre 10g • protein 20g • salt 2.9g

## Stuffed rainbow baguette

*A sharing sandwich that's ideal for a picnic. Use a whole baguette to make this, then wrap it securely and slice it at your destination – this will make sure the ends of each sandwich don't dry out on the way.*

**SERVES 6** **PREP** 10 mins  
**NO COOK** **EASY**

1 artisan-style baguette  
4 tbsp hummus  
8 slices medium cheddar  
¼ red pepper, thinly sliced  
¼ cooked beetroot, shredded  
2 radishes, thinly sliced  
1 yellow or orange carrot, shredded or grated  
handful of green leaves  
1 tbsp vegetarian pesto, mixed with 1 tbsp olive oil

**1** Cut the baguette in half so you can open it out like a book. Spread the hummus over the base and top with the cheese, breaking up the slices, if needed. Add the pepper, beetroot, radishes, carrot, leaves and pesto, then sandwich with the top half of the baguette.

**2** Wrap the baguette tightly in baking parchment and tie securely with kitchen string. If packing for a picnic, take a bread knife with you so you can slice it when you're ready to serve.

**PER SERVING** 318 kcals • fat 18g • saturates 6g • carbs 25g • sugars 4g • fibre 3g • protein 12g • salt 1.2g





## Halloumi & beetroot open sandwich

*This simple veggie sandwich is a filling, vibrant lunch that's sure to perk up your plate.*

**SERVES 1** **PREP** 15 mins

**COOK** 7 mins **EASY**

25g fresh or frozen broad beans  
25g vegetarian halloumi  
1 slice rye or sourdough bread  
1 tbsp hummus  
2 cooked beetroots, quartered  
½ lemon, juiced

**1** Bring a saucepan of water to the boil and cook the broad beans for 1-2 mins. Drain and rinse under cold water, then peel off the outer skins. Set aside.

**2** Heat the grill to its highest setting. Put the halloumi on a baking tray and grill for 3 mins, turning halfway through to brown on both sides. Toast the bread and put on a serving plate.

**3** Spread the hummus over the bread, then top with the beetroot and grilled halloumi. Scatter over the broad beans and lemon juice to serve.

**PER SERVING** 437 kcal • fat 16g • saturates 6g • carbs 48g • sugars 14g • fibre 8g • protein 20g • salt 2.6g







## Coronation chickpea sandwich filler

**SERVES 4 PREP 8 mins**  
**NO COOK EASY VE**

400g can chickpeas, drained and rinsed  
3½ tbsp vegan mayonnaise  
1½ tbsp mango chutney  
2 tsp mild curry powder  
½ lemon, juiced  
50g raisins  
½ small red onion, finely chopped  
4 vegan rolls or 8 vegan bread slices  
Little Gem lettuce leaves, to serve

**1** Pat the chickpeas dry using kitchen paper. Combine the mayonnaise, chutney, curry powder and lemon juice in a bowl. Season well.

**2** Tip in the raisins, onion and chickpeas, and mix to combine. *Will keep chilled for three days.* Spoon the filler into rolls or sandwich between bread slices with a few lettuce leaves.

**PER SERVING** 220 kcals • fat 11g • saturates 1g • carbs 22g • sugars 12g • fibre 5g • protein 5g • salt 0.4g

## Pasta salad with sweetcorn

*Taking its inspiration from the Mexican corn dish elote, this delicious recipe ventures beyond your average pasta salad.*

**SERVES 4-6 PREP 15 mins plus cooling**  
**COOK 15 mins EASY**

200g pasta (we used spirali)  
3 tsp olive oil  
2 x 325g cans sweetcorn, drained, or about 500g sweetcorn from the cob (see tip, below)  
6 spring onions, finely sliced  
large bunch of coriander (about 40g), finely chopped, plus extra to serve  
200g vegetarian feta  
130g mayonnaise  
3 limes, juiced  
2 tsp chilli powder, plus extra to serve

**1** Cook the pasta in a pan of boiling salted water following pack instructions. Drain, drizzle in 1 tsp olive oil, then set aside.

**2** Heat the remaining oil in a frying pan over a high heat and fry the sweetcorn with ½ tsp salt for 7-10 mins until slightly charred, then remove from the heat and set aside for about 15 mins to cool.

**3** Reserve a handful of corn to serve, then tip the rest into a large serving bowl along with the cooked pasta, spring onions and most of the coriander. Crumble in the feta, reserving a handful to serve, and mix well to combine.

**4** To make the dressing, combine the mayonnaise, lime juice, chilli powder and ½ tsp salt in a small bowl. Pour this over the pasta salad and toss well until everything is evenly coated. Scatter over the remaining feta, corn, coriander and an extra pinch of chilli.

**PER SERVING** 449 kcals • fat 27g • saturates 6g • carbs 38g • sugars 9g • fibre 5g • protein 12g • salt 1.9g

### tip

If using corn on the cob, brush the corn with olive oil and cook in a griddle pan over a medium-high heat for about 12 mins, turning every couple of minutes until charred and tender. Leave to cool a little, then use a sharp knife to slice off the kernels and continue from step 3, but add another ½ tsp salt to the dressing.









# *Soup of the day*

Stir up a bowl of something warming, from a light, fragrant broth, to sticky tofu ramen



### Three-bean minestrone

*Packed with protein, this hearty soup also provides three of your five-a-day.*

**SERVES 3 PREP 10 mins**  
**COOK 20 mins EASY**

2 tbsp olive oil, plus extra for drizzling  
1 banana shallot, chopped  
1 fennel bulb, thinly sliced  
2 garlic cloves, chopped  
400g can cannellini beans  
400g can borlotti beans  
700ml vegetable stock  
100g green beans, chopped  
rind of vegetarian hard cheese, plus 30g, grated  
150g frozen peas  
1 lemon, zested  
handful of basil leaves, torn

**1** Heat the oil in a pan over a medium heat and cook the shallot, fennel, garlic and a pinch of salt until softened. Drain all the beans, reserving half the liquid from one of the cans, and tip into the pan along with the stock, green beans and cheese rind. Cook for 15 mins until the beans are fully soft.  
**2** Stir in the peas, cook for 2 mins, then stir in the lemon zest and cheese. Top with the basil leaves and drizzle with oil to serve.

**PER SERVING** 367 kcal • fat 14g • saturates 4g • carbs 29g • sugars 8g • fibre 18g • protein 22g • salt 1.3g

### Easy vegan pho

**SERVES 2 PREP 10 mins**  
**COOK 20 mins EASY VE**

100g rice noodles  
1 tsp yeast extract  
1 tsp vegetable oil  
50g chestnut mushrooms, sliced  
1 leek, sliced  
2 tbsp soy sauce

#### To serve

1 red chilli, sliced (deseeded, if you like)  
¼ bunch of mint, leaves picked and stalks discarded  
handful of salted peanuts, chopped  
sriracha, to serve

**1** Tip the noodles into a heatproof bowl and cover with boiling water from the kettle. Let stand for 10 mins, then drain, rinse under cold running water and set aside.

**2** Combine the yeast extract with 500ml boiling water. Set aside.

**3** Meanwhile, heat the oil in a saucepan and cook the mushrooms and leeks for 10-15 mins until soft and beginning to colour. Add the soy sauce and yeast stock, and stir. Bring to the boil for 5 mins.

**4** Divide the noodles between two deep bowls, then ladle over the hot broth. Top with the chilli slices, mint leaves and peanuts, and serve with sriracha on the side.

**PER SERVING** 234 kcal • fat 2g • saturates 0.3g • carbs 46g • sugars 4g • fibre 3g • protein 6g • salt 2.8g





## Satay noodle soup

*Ready in just 25 minutes, this simple, plant-based budget meal will fill you up.*

**SERVES 1 PREP 10 mins**

**COOK 15 mins EASY VE**

1 tbsp soy sauce, plus extra to serve  
2 tbsp peanut butter  
1 small lime, zested and juiced  
1 tbsp sesame oil, plus extra to serve  
2 spring onions, sliced diagonally  
1 red chilli, thinly sliced  
1 garlic clove, crushed  
25g creamed coconut  
1 nest dried rice noodles  
1 large carrot, cut into long ribbons  
using a vegetable peeler

**1** Combine the soy sauce, peanut butter and lime zest and juice, then set aside. Heat the oil in a pan over a medium heat and cook half the spring onions, half the chilli, the garlic and a pinch of salt for 3 mins.

**2** Pour in 450ml water, bring to the boil, then crumble in the coconut. Stir to dissolve, then spoon in the peanut butter mixture. Mix well, drop in the noodles and half the carrot ribbons, and cook for 5 mins. Season to taste, ladle into a bowl and top with the remaining spring onions, chilli and carrot ribbons. Drizzle over the extra sesame oil or soy sauce.

**PER SERVING** 708 kcal • fat 41g • saturates 20g •  
carbs 60g • sugars 18g • fibre 12g • protein 18g •  
salt 2.4g



## Celery soup

*Cook up a batch of fresh, low-calorie celery soup for a healthy lunch or supper. Serve with generous chunks of crusty bread.*

**SERVES 3-4 PREP 15 mins**

**COOK 40 mins EASY \***

2 tbsp olive oil  
300g celery, sliced, any tough strings removed  
1 garlic clove  
200g potatoes, cut into chunks  
500ml vegetable stock  
100ml milk  
crusty bread, to serve

**1** Heat the oil in a large saucepan over a medium heat and cook the celery, garlic and potatoes, turning to coat in the oil, along with a splash of water and a big pinch of salt for 15 mins, stirring regularly. Add a little more water if the vegetables begin to stick.

**2** Pour in the stock and bring to the boil, then turn the heat down and simmer for 20 mins more until the potatoes are falling apart and the celery is soft. Use a hand blender to purée the soup, then pour in the milk and blitz again. Season to taste and serve with crusty bread.

**PER SERVING (3)** 163 kcal • fat 9g • saturates 2g •  
carbs 15g • sugars 4g • fibre 3g • protein 3g • salt 0.6g



## Miso ramen

*This one-bowl meal is great if you're not sure about the taste of tofu, as it's fried in a delicious sweet and sticky glaze.*

**SERVES 4** **PREP** 10 mins

**COOK** 15 mins **EASY** **VE**

5 tbsp miso paste  
2 tbsp soy sauce  
2.5cm piece of ginger, peeled and grated  
12 shiitake mushrooms  
225g smoked tofu, cut into 4 slices  
2 tbsp liquid aminos or tamari  
250g soba noodles  
16 baby corns  
1 tbsp vegetable oil  
8 baby pak choi  
200g ready-to-eat beansprouts (if they're not ready-to-eat, cook thoroughly until steaming hot throughout)  
2 red chillies, finely sliced on an angle  
2 spring onions, finely sliced on an angle  
4 tbsp crispy seaweed  
2 tbsp black sesame seeds  
1 tbsp sesame oil, to serve

**1** Put the miso, 1.5 litres water, the soy sauce, ginger and shiitake in a large saucepan. Stir to combine, then bring to a gentle simmer. Simmer for 5 mins.

**2** Meanwhile, put the smoked tofu in a shallow bowl and pour over the liquid aminos. Turn the tofu slices over to make sure they are soaked well on both sides.

**3** Bring a pan of salted water to the boil and cook the soba noodles for 5 mins until tender. Add the baby corn to the broth and cook for 4 mins more.

**4** Meanwhile, heat the oil in a non-stick frying pan over a high heat. Lift the tofu from the bowl, shaking off the excess liquid aminos and reserving it. Cook the tofu for 2-3 mins on each side until browned. Add the reserved liquid aminos and cook until reduced and sticky. Remove from the heat.

**5** Drain the cooked noodles in a colander and rinse under cold water, then divide between four bowls. Add the pak choi to the miso broth and remove from the heat.

**6** Divide the pak choi, baby corn and beansprouts between the bowls. Ladle over the miso broth and add the tofu. Garnish with the chillies, spring onions and crispy seaweed. Sprinkle with the sesame seeds, then drizzle over the sesame oil and serve straightaway.

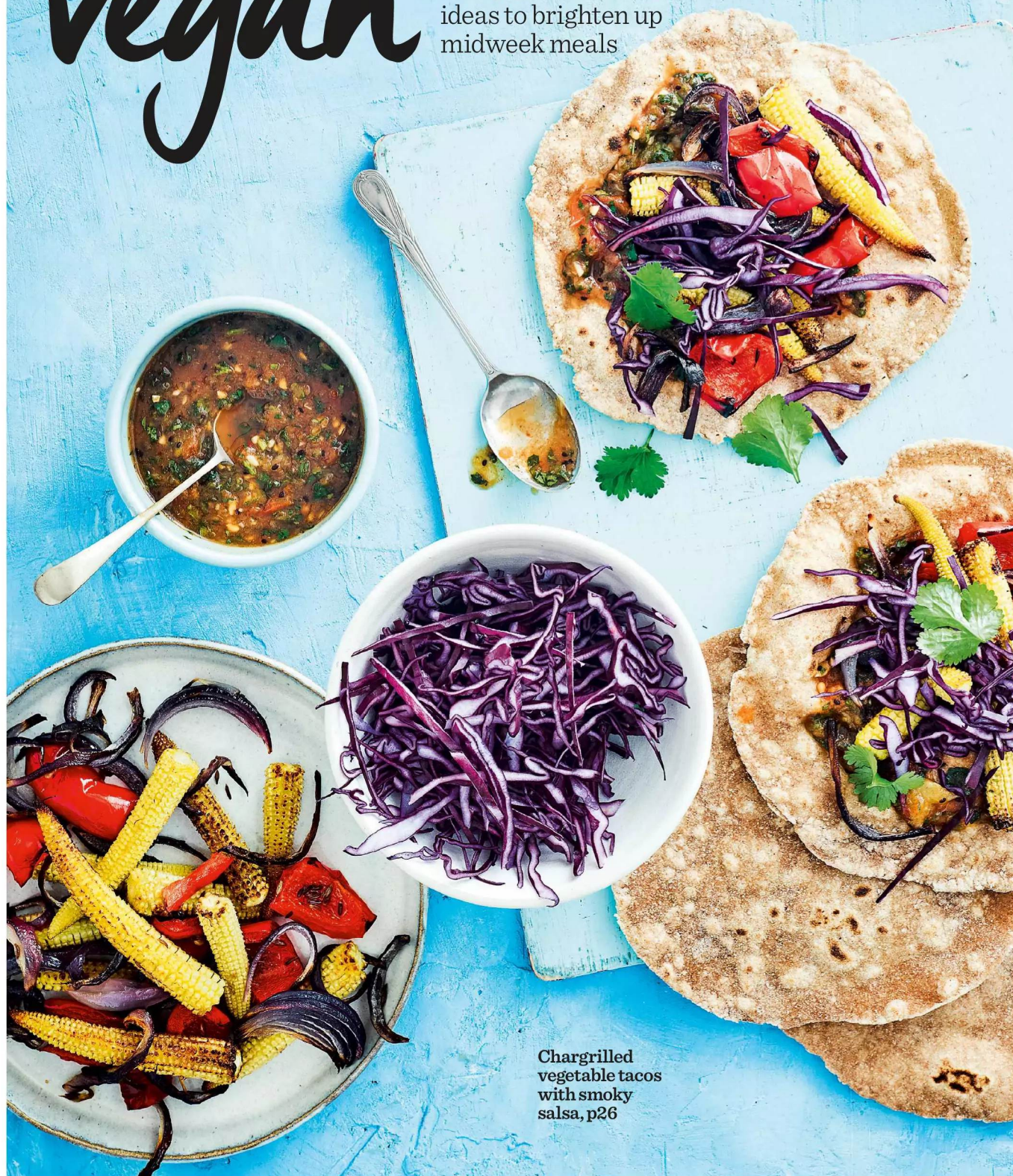
**PER SERVING** 383 kcals • fat 7g • saturates 1g • carbs 57g • sugars 5g • fibre 4g • protein 20g • salt 5.2g





# Make it tonight *vegan*

Tasty, plant-based  
ideas to brighten up  
midweek meals



Chargrilled  
vegetable tacos  
with smoky  
salsa, p26





## Vegan paella

**SERVES 4** **PREP** 20 mins  
**COOK** 30 mins **EASY** **VE**

2 generous pinches of saffron  
1 tbsp tomato purée  
2 tsp vegan bouillon powder  
2 tbsp rapeseed oil  
2 onions (320g), finely chopped  
2 red peppers, deseeded and diced  
3 garlic cloves, finely grated  
2 tbsp thyme leaves  
200g brown basmati rice  
2 tsp smoked paprika

320g frozen broad beans  
320g courgettes, halved and sliced  
15g flat-leaf parsley, chopped  
1 lemon, cut into wedges

**1** Tip the saffron, tomato purée and bouillon powder into a large heatproof bowl and pour over 1 litre boiling water, then set aside.  
**2** Heat the oil in a large paella pan or frying pan over a medium heat and fry the onions for 5 mins, stirring often until they start to soften. Add the peppers, garlic and thyme, and cook for a few minutes more. Tip in

the rice and paprika, and continue to cook, stirring, for one minute. Pour in the saffron stock, then cover and simmer for 10 mins.

**3** Uncover and gently stir, then add the frozen beans and courgettes. Return to a simmer, then cover and cook for another 10 mins until the rice is tender and has absorbed the stock. Leave to stand for 5 mins, then stir in the parsley. Serve the paella straightaway with lemon wedges for squeezing over.

**PER SERVING** 396 kcal • fat 8g • saturates 1g • carbs 58g • sugars 12g • fibre 15g • protein 15g • salt 1g



## Red pepper & bean tikka masala

**SERVES 2** **PREP** 10 mins  
**COOK** 20 mins **EASY** **VE**

1 tbsp vegetable oil  
1 onion, chopped  
2 red peppers, deseeded and cut into strips  
1 garlic clove, crushed  
thumb-sized piece of ginger, peeled and grated  
1 red chilli, finely chopped  
½ tbsp each garam masala and curry powder  
1 tbsp tomato purée  
415g can baked beans

½ lemon, juiced  
coriander leaves and rice, to serve

**1** Heat the oil in a saucepan over a medium heat and fry the onion and red peppers with a pinch of salt for about 5 mins until softened. Add the garlic, ginger, red chilli and spices, and fry for a couple of minutes more.

**2** Spoon in the tomato purée, stir, then tip in the baked beans and 100ml water. Bubble for 5 mins, then squeeze in the lemon juice. Scatter over the coriander leaves and serve with rice.

**PER SERVING** 332 kcals • fat 7g • saturates 1g • carbs 45g • sugars 22g • fibre 16g • protein 14g • salt 1.4g

## Chargrilled vegetable tacos with smoky salsa

*These tacos are served with a smoky kiwi and tomato salsa that recreates the flavour of tomatillos, a staple of Mexican cuisine.*

**SERVES 2** **PREP** 10 mins  
**COOK** 30 mins **EASY** **VE**

175g baby corn  
1 large red onion (190g), sliced  
1 red pepper, deseeded and roughly chopped  
½ tsp cumin seeds  
2 tsp rapeseed oil  
1 large ripe kiwi (110g), halved lengthways  
1 large tomato (115g), halved  
100g wholemeal flour, plus extra for rolling  
1 large garlic clove  
15g coriander, chopped  
1 tsp vegan bouillon powder  
½ tsp smoked paprika  
85g red cabbage, finely shredded

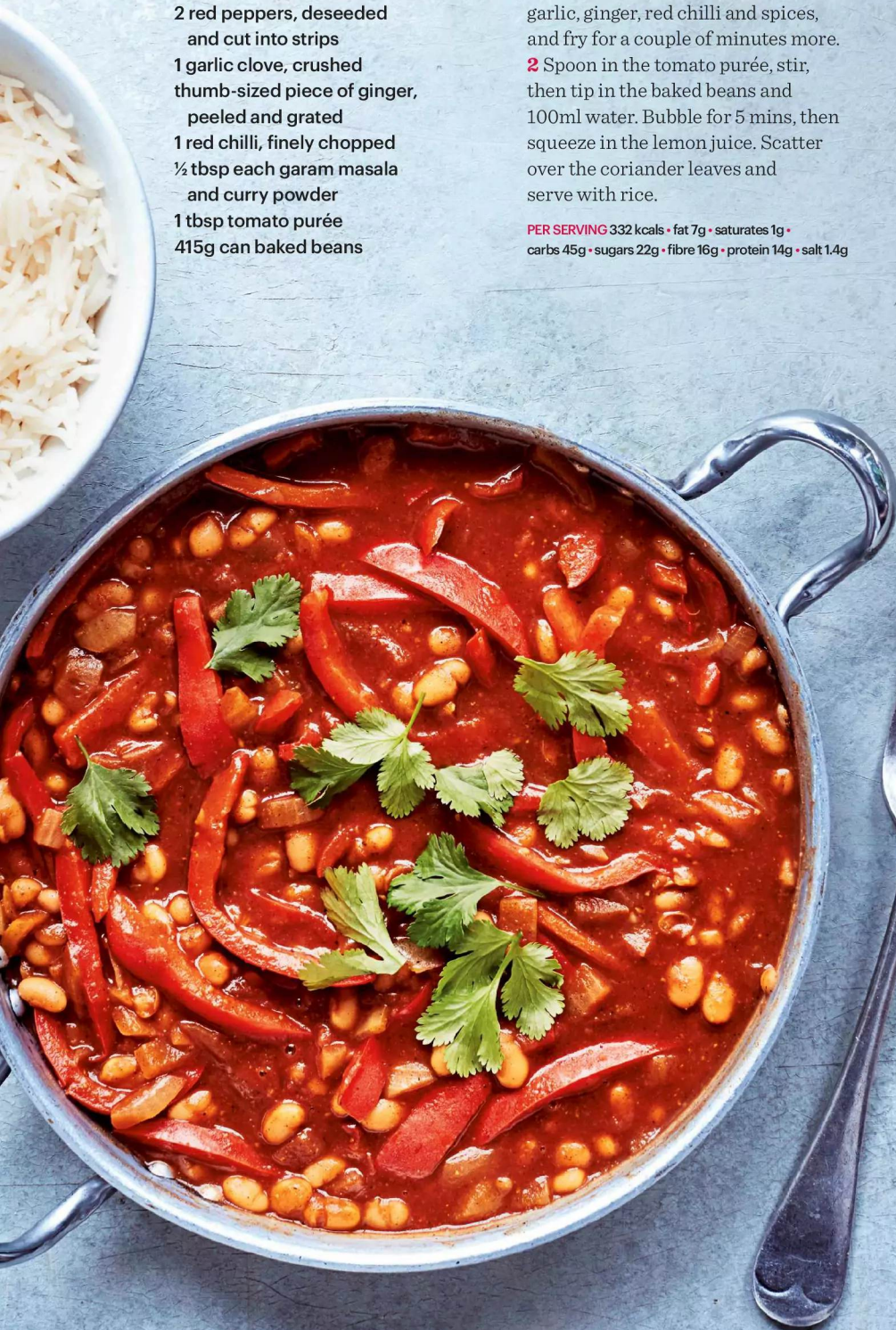
**1** Heat the oven to 220C/200C fan/gas 7. Put the corn, red onion and red pepper in a large, shallow roasting tin, and toss with the cumin seeds and oil. Put the kiwi and tomato in one side of the tin. Roast for 20 mins.

**2** Meanwhile, mix 60ml water into the flour using a cutlery knife to make a dough. Knead briefly until smooth, then cut into four equal pieces and roll each one out on a lightly floured surface into a 16cm round tortilla. Cover with a tea towel to prevent them from drying out.

**3** Remove the cooked tomato and kiwi from the tin and return the tin to the oven for 10 mins. Remove the skin from the kiwi and scoop the flesh into a bowl along with the tomato, garlic, half the coriander, bouillon and paprika. Use a hand blender to blitz to a smooth salsa.

**4** Heat a large, dry non-stick frying pan over a medium-high heat and cook the tortillas, one at a time, for a minute on one side, then flip and cook for 10 seconds on the other until you see them puff up a little. Spread some salsa over each tortilla, then top with cabbage, roasted veg, the remaining coriander and more salsa.

**PER SERVING** 351 kcals • fat 6g • saturates 1.8g • carbs 56g • sugars 20g • fibre 15g • protein 12g • salt 0.2g







## Vegan curried coconut stew

**SERVES 4** **PREP** 15 mins  
**COOK** 30 mins **EASY** **VE**

1 tbsp rapeseed or olive oil  
2 onions (320g), chopped  
20g ginger, peeled and shredded  
320g sweet potatoes or butternut squash, peeled and cut into chunks  
2 tbsp korma curry powder  
1 tsp ground cumin  
1 cinnamon stick

2 x 400g cans chopped tomatoes  
2 tsp vegan bouillon powder  
400g can butter beans, undrained  
400g can borlotti beans, undrained  
175g French beans, cut into equal lengths  
120g cabbage, shredded  
175g coconut yogurt

**1** Heat the oil in a large non-stick pan over a medium heat and fry the onions and ginger for a few minutes until starting to soften. Add the sweet potatoes and cook for a few

minutes more. Stir in the curry powder, cumin and cinnamon stick, then tip in the tomatoes, two cans of water and the bouillon powder. Bring to the boil.

**2** Tip in all the beans. Bring to a simmer and cook, uncovered, for 15 mins. Stir in the cabbage and yogurt, then cook for 5 mins more until all the vegetables are tender. Remove from the heat and leave to cool for a few minutes, then serve.

**PER SERVING** 387 kcals • fat 10g • saturates 5g • carbs 51g • sugars 24g • fibre 19g • protein 14g • salt 1.1g





## Vegan noodle curry

For this recipe, you want the solid cream that forms at the top of a can of coconut milk, so buy the unhomogenised variety.

**SERVES 3 PREP 10 mins**  
**COOK 40 mins EASY VE**

2 aubergines, roughly chopped  
1 red pepper, roughly chopped  
2 tbsp coconut oil, melted  
2 lemongrass stalks, tough outer leaves removed, core finely chopped  
5 spring onions, chopped  
handful of coriander, chopped  
8 dried kaffir lime leaves  
2 tbsp tamari  
2 green chillies, deseeded  
thumb-sized piece of ginger, peeled and chopped  
1 tbsp sesame oil  
250g green beans, cut into thirds  
300ml vegetable stock  
400ml can unhomogenised coconut milk (cream only)  
300g buckwheat noodles  
handful of cashew nuts  
4 tbsp desiccated coconut  
1 lime, halved  
1 red chilli, finely chopped

**1** Heat the oven to 200C/180C fan/gas 6. To make the curry, toss the aubergines and red pepper in a roasting tin with 1 tbsp coconut oil, and roast for 20-25 mins until soft.  
**2** Meanwhile, make the paste. Put the lemongrass, spring onions, coriander, lime leaves, tamari, green chillies and ginger in a food processor, and blitz to a smooth paste.  
**3** Heat the sesame oil and remaining coconut oil in a frying pan or wok over a medium heat and fry the paste for 1-2 mins, then stir in the green beans and fry for another 1-2 mins.  
**4** Add the vegetable stock, mixing well, followed by the roasted veg and coconut cream. Stir, bring to the boil, then simmer for 4-5 mins.  
**5** Meanwhile, cook the noodles following pack instructions, then drain.  
**6** Add the cashews and desiccated coconut to the curry. Divide the noodles between three bowls, top with the curry, squeeze over some lime juice and garnish with red chilli.

**PER SERVING** 951 kcal • fat 49g • saturates 35g • carbs 91g • sugars 21g • fibre 21g • protein 25g • salt 3g

## Vegan bean chilli fries

**SERVES 4 as a side PREP 15 mins**  
**COOK 20 mins EASY VE**

400g frozen French fries  
2 tbsp olive oil  
1 onion, finely chopped  
1 ripe avocado, peeled, stoned and halved  
1 lime, juiced, plus wedges to serve  
1 small red onion, finely chopped  
1 tomato, finely chopped  
1 garlic clove, crushed  
½ tsp chipotle paste  
½ tsp ground cumin  
½ tsp ground coriander  
400g can mixed beans, drained  
400g can chopped tomatoes  
small bunch of coriander, chopped  
2 tbsp dairy-free crème fraîche  
2 tbsp crispy fried onions

**1** Cook the fries following pack instructions. Heat the oil in a frying pan over a medium heat and fry the onion for 10 mins until soft and translucent. Mash the avocado and mix in the lime juice, onion and tomato.  
**2** Add the garlic, chipotle paste, cumin and ground coriander to the onions. Fry for 1 min, then tip in the mixed beans and chopped tomatoes. Simmer for 10 mins, then stir in most of the coriander, and season.  
**3** Tip the fries into a bowl and top with the bean chilli, guacamole, crème fraîche and crispy fried onions. Scatter over the remaining coriander and serve with lime wedges.

**PER SERVING** 428 kcal • fat 23g • saturates 5g • carbs 44g • sugars 8g • fibre 9g • protein 8g • salt 0.8g







## Vegan fajitas

**SERVES 4** **PREP** 5 mins  
**COOK** 10 mins **EASY** **VE**

1 tbsp vegetable oil  
2 red or yellow peppers, cut into strips  
1 red onion, sliced  
1 garlic clove, crushed  
½ tsp chilli powder or chilli flakes  
½ tsp smoked paprika  
½ tsp ground cumin  
1 lime, juiced, plus wedges to serve  
400g can black beans, rinsed and drained

small bunch of coriander, finely chopped  
4 large or 8-12 small tortillas  
1 avocado, peeled, stoned, halved and sliced  
dairy-free yogurt, to serve (optional)

**1** Heat the oil in a frying pan over a medium-high heat and fry the peppers and onions for 6-8 mins, or until everything is starting to turn golden brown. Add the garlic and spices, and fry for 1 min more until fragrant. Add half the lime juice and season. Transfer to a serving dish and keep warm.

**2** Tip the black beans into the same frying pan and add the remaining lime juice. Season well and stir until warmed through and coated in any remaining spices from the pan. Stir in most of the coriander.

**3** Warm the tortillas in the microwave or a low oven, then cover with a tea towel to keep warm. Serve the tortillas with the peppers, beans, avocado, dairy-free yogurt, remaining coriander and lime wedges to squeeze over, if you like.

**PER SERVING** 352 kcal • fat 12g • saturates 3g • carbs 44g • sugars 7g • fibre 11g • protein 11g • salt 1.2g



## Spiced aubergine curry

**SERVES 2** **PREP** 30 mins

**COOK** 30 mins **EASY** **VE**

1 tsp ground cumin  
1 tsp ground coriander  
½ tsp ground turmeric  
1 large aubergine  
2 tbsp tomato purée  
½ green chilli, finely chopped  
1cm piece of ginger, peeled and finely chopped  
2 tsp caster sugar  
½-1 tbsp rapeseed oil  
3 spring onions, chopped  
½ bunch of coriander, shredded  
rice, dairy-free yogurt, roti and lime wedges, to serve

- 1** Mix the dry spices and 1 tsp salt together in a bowl and set aside.
- 2** Slice the aubergine into 1cm rounds, then score both sides of each round with the tip of a sharp knife. Rub with the spice mix until well coated (you should use all of the mix), then transfer to a board. Put 150ml water in the empty spice bowl along with the tomato purée, chilli, ginger and sugar. Set aside.
- 3** Heat the oil in a large non-stick frying pan over a medium heat and arrange the aubergine in the pan, overlapping the rounds, if needed. Fry for 5 mins on each side, or until golden. Add the liquid mix from the bowl, bring to a simmer, cover and cook for 15-20 mins, turning the aubergine occasionally until it's cooked through. If it seems dry, you may need to add up to 100ml more water to make it saucier. Season.
- 4** Scatter over the spring onions and coriander, and serve with rice, yogurt, roti and some lime wedges for squeezing over.

**PER SERVING** 157 kcal • fat 9g • saturates 1g • carbs 13g • sugars 12g • fibre 7g • protein 4g • salt 2.5g



## Smoked tofu vegan burger

*Pack a flavour punch with this vegan sweet potato, cashew and tofu burger. It takes a little effort, but it's well worth the time once you taste it.*

**MAKES 4** **PREP** 30 mins

**COOK** 10 mins **MORE EFFORT** **VE**

1 sweet potato (200g), peeled and cut into small chunks  
1 tbsp olive oil  
1 small onion, finely chopped  
1 garlic clove, crushed  
1 tsp each ground cumin, smoked paprika and garlic salt  
225g smoked tofu  
50g roasted cashews  
vegetable oil, for frying  
**For the coating**  
1 tsp English mustard  
150ml soy milk  
75g plain flour  
50g panko breadcrumbs  
1 tsp garlic salt  
½ tsp cayenne pepper

1 tbsp icing sugar  
1 tsp baking powder

### For the slaw

¼ red cabbage, finely shredded  
1 carrot, grated  
2 tbsp chopped coriander  
½ lime, juiced  
2 tsp sesame seeds

### To serve

vegan burger buns, halved and toasted  
3 tbsp vegan mayonnaise, mixed with ½ tbsp sriracha

**1** Put the sweet potato in a heatproof bowl, cover and cook on high for 3 mins until soft. Heat the olive oil in a non-stick frying pan over a medium heat and fry the onion with a big pinch of salt for 5 mins, or until soft. Add the garlic and spices and cook for 2 mins more, then set aside. Blitz the tofu with the cashews in a blender. Add the sweet potato and fried onions. Season and blitz again until to combine. Shape into four

patties, put on a baking tray lined with baking parchment, and chill.

**2** To make the slaw, combine all the ingredients in a bowl, then set aside until needed. When you're ready to fry the patties, make the coating by mixing the mustard and soy milk in one bowl, then mix the remaining coating ingredients in another bowl. Dip each patty into the flour mixture, then the soy milk mixture, then back into the flour mixture. Repeat so you get a really nice crust on the patties.

**3** Heat a 2cm depth of vegetable oil in a large frying pan over a medium-high heat and, once hot, use a spatula to carefully transfer the patties to the pan and fry for 1 min on each side until crispy, then drain on kitchen paper. Serve the burgers in buns, topped with the slaw and drizzled with the mayonnaise.

**PER SERVING** 865 kJals • fat 36g • saturates 6g • carbs 98g • sugars 32g • fibre 16g • protein 30g • salt 1.6g





## Jackfruit bolognese with vegan parmesan

**SERVES** 4 **PREP** 10 mins  
**COOK** 40 mins **EASY** **VE**

1 tbsp rapeseed oil  
320g carrots (3 medium),  
finely chopped  
4 large celery sticks (320g),  
finely chopped  
4 large garlic cloves, finely grated  
40g cashews  
4 tsp nutritional yeast  
1 tsp garlic granules  
410g can jackfruit in water, drained  
and finely chopped  
100g red lentils  
3 tbsp tomato purée  
4 tsp vegan bouillon powder  
1 tbsp chopped thyme  
325g wholemeal spaghetti  
chopped parsley, to serve (optional)

- 1** Heat the oil in a large non-stick pan over a medium heat and fry the carrots, celery and garlic for 10 mins, stirring occasionally.
- 2** Meanwhile, make the vegan parmesan. Tip the cashews, nutritional yeast and garlic granules into a food processor and blitz to fine crumbs. Add a little salt, if needed, then set aside.
- 3** Tip the jackfruit into the vegetable mixture with the lentils, 700ml water, the tomato purée, bouillon powder and thyme, then cover and cook for 25 mins. Add a little more water if needed – it should be pulpy.
- 4** Meanwhile, cook the spaghetti following pack instructions until al dente. Toss with the sauce, divide between bowls and sprinkle over the vegan parmesan and parsley, if you like. *The sauce will keep, covered in the fridge, for up to three days.*

**PER SERVING** 586 kJals • fat 11g • saturates 2g •  
carbs 90g • sugars 21g • fibre 16g • protein 23g •  
salt 0.5g





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# Dinner in a FLASH

Discover how to get the most out of your ingredients with chef **Rosie Sykes's** speedy, satisfying recipes, which reduce waste and maximise flavour



Soba noodle &  
peanut salad,  
p36



## Tex-Mex omelette

*I first had this while staying with my dear friend Chloe and her son Augustus in Austin, Texas, where the Mexican food is prolific, super-tasty and quite brash. This omelette isn't too much of a bad boy, but still has those great simple, gutsy flavours going on. The style of the omelette itself is more Spanish than French – after an initial stirring, you can leave it to cook, just loosening the edges as it sets.*

**SERVES 4** **PREP** 15 mins

**COOK** 20 mins **EASY**

- 4 soft corn tortillas
- 5 tbsp light olive oil
- pinch of chilli powder, or to taste
- small handful of coriander, finely chopped
- 4 large plum tomatoes, fresh or from a can, roughly chopped
- 6 spring onions, trimmed and finely sliced
- 2 green chillies, finely chopped
- 6 eggs
- 15g butter
- 80g grated cheddar

**1** Stack the tortillas together and cut into strips. Heat the oil in a medium frying pan over a medium heat and, when hot, drop in enough tortilla strips to cover the bottom of the pan. Fry until golden and crisp, then lift out and drain while you fry the rest. Once all the tortilla strips are cooked, season with salt and chilli powder to taste, then toss with the coriander.

**2** Leave the pan over the heat – there should still be a layer of oil in the pan but, if not, add another generous glug. Add the tomatoes, spring onions and chillies, and fry for a couple of minutes, stirring occasionally.

**3** Crack the eggs into a large bowl, add 4 tbsp cold water and beat lightly. Season with salt and chilli powder to taste. Add the butter to the pan and, when foaming, pour in the egg mixture and spread it out evenly. When it starts to firm up, take a spatula around the edge and pull the cooked mixture towards the centre so that the liquid egg can fill the gaps. When most of the omelette is set, add the grated cheese and crispy tortilla strips. Finish cooking the omelette

over a low heat with the lid on. Once set, slide the omelette out onto a board, cut into portions and serve on warmed plates. Or, divide the mixture between two pans for individual tortillas.

### tip

Whenever you trim spring onions, take as little off as possible – just the roots and any grubby bits – and then use all the green. The green end of the spring onion is also an excellent chive replacement if finely chopped. Any trimmings can go into a stockpot.







## Soba noodle & peanut salad

*This is a fantastically quick and satisfying salad, one of those that you will go back to again and again. The base for the dressing is a recipe I gleaned from my dear friend Lucas Hollweg, an absolutely wonderful and thoughtful cook. It is worth making a large quantity, as it will keep very well in a jar in the fridge and can be slathered on anything. Peanut butter and cucumber is my favourite toast topper – if I have some knocking about, it's win time!*

**SERVES 4 PREP 25 mins**

**COOK 5 mins EASY**

- 4 mint sprigs, leaves picked and stalks reserved
- 3-4 nests soba noodles (about 250-350g)
- 200g frozen edamame beans
- ½ tbsp sesame oil
- 1 small cucumber, peeled, cut in half lengthways, deseeded and sliced into half-moons about 1cm thick
- 4 spring onions, trimmed and sliced
- 6-8 radishes, halved, then quartered (or use any other crunchy vegetable, such as carrot or red cabbage, finely shredded)
- 160g smoked or marinated ready-to-eat tofu, cut into bite-size cubes (optional)

large handful of coriander, roughly chopped, plus a few whole leaves

½ tbsp sesame seeds

### For the dressing

3 tbsp peanut butter (smooth or crunchy; see tip)

1 garlic clove, crushed to a paste

1 large red chilli, deseeded and finely chopped, or 1 small hot chilli, finely chopped

1 tbsp dark brown soft sugar

60ml vegetarian fish sauce

30ml rice vinegar

1 lime, zested and juiced

½ orange, zested and juiced (optional)

**1** Drop the mint stalks into a large saucepan of salted water and bring to the boil. Add the noodles and cook following pack instructions – this is usually about 3-4 mins, but do check as they easily overcook and become inedible. Check the cooking time for the edamame and add to the pan at the right time so everything is ready at once. Strain, reserving 250ml of the water, then rinse the noodles and beans under cold running water. Drain. Once dry, discard the mint stalks and toss the sesame oil through the noodles to stop them from sticking together.

**2** To make the dressing, put the peanut butter in a bowl large enough to hold the salad, and slowly whisk in

1-2 tbsp of the reserved water until the peanut butter is a thick but stirrable consistency. Add the other dressing ingredients and whisk thoroughly. Season with salt, then set aside 2 tbsp to drizzle over the top of the finished salad.

**3** At this stage, put all the other ingredients, except the sesame seeds, in the large bowl with the dressing, and toss until everything is well incorporated. Divide the salad between four plates, drizzle over the reserved dressing and scatter over the sesame seeds and reserved coriander leaves.

## tip

### MAKE YOUR OWN PEANUT BUTTER

Toast raw shelled peanuts with a pinch of salt, then drop into a food processor while still warm. Add a pinch of brown sugar (if you like) and start processing the nuts. They will break down and start to release their oils, which will make them go lumpy, but keep the motor running – more oil will come out and the butter will begin to form. I add a little extra oil and whizz until I reach the consistency I like. If you like it super-crunchy, hold back some of the toasted peanuts, chop them by hand and stir through the peanut butter at the end. Will keep in a clean jar for up to 10 days.



## Braised lentils with herb soft cheese

*This is a simple recipe, but one packed with flavour – it demands bread for mopping the bowl.*

**SERVES 4 PREP 20 mins**

**COOK 25 mins EASY**

- 2 tbsp light olive oil
- 2 red onions, finely sliced
- 2 whole dried mild red chillies, or 1 tsp chilli powder
- 1 bay leaf
- 80g sundried tomatoes in oil, drained and sliced
- 1 tbsp sherry vinegar
- 400g can cherry tomatoes
- 2 x 400g cans brown lentils
- 200ml vegetable stock
- 200g soft cheese with garlic and herbs
- bread, to serve

**1** Heat the oil in a large, heavy-based saucepan over a medium heat and cook the onions with good pinch of salt until sizzling, then cover and reduce the heat. Cook for 7-10 mins until the onion begins to soften.

**2** Add the chillies and bay leaf, and stir for a couple of minutes. Add the sundried tomatoes and, after 1 min, turn up the heat and splash in the vinegar. When the vinegar has sizzled away, add the cherry tomatoes and, when bubbling, add the lentils and their liquid along with the stock, then bring to a simmer. Leave everything to simmer for 15 mins.

**3** When you're ready to serve the lentils, lift out the chillies and season the lentils to taste. Spoon into large bowls with a generous dollop of the herby soft cheese on top – it should melt in a little. Serve with bread to mop up all the tasty juices.

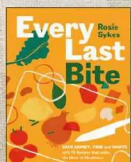
## tip

Vegetables preserved in oil, like sundried tomatoes, are handy staples – tomatoes particularly have a richness about them. The oil in the jar is also great for cooking with – so long as the tomatoes stay submerged, you can use the oil as soon as you've started the jar.

### MAKE YOUR OWN GARLIC & HERB SOFT CHEESE

I have suggested using soft cheese with garlic and herbs as a time-saver, but you can make your own – simply add crushed garlic and whatever herbs you have knocking about (finely chopped if fresh, or well-crushed if dried) to some budget soft cheese.





Recipes adapted  
from *Every Last  
Bite* by Rosie Sykes  
(£18.99, Quadrille).  
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Patricia Niven.  
(Recipes are supplied  
by the publisher and  
not retested by us).



# *Pasta, pronto!*

Please a crowd with a comforting bowl  
of hearty ravioli or bubbling mac & cheese

Olive,  
cauliflower &  
harissa pasta,  
p40







## Squash & pesto pasta

**SERVES 4** **PREP** 15 mins  
**COOK** 25 mins **EASY**

1 small butternut squash (750g),  
peeled, deseeded and cut  
into 2cm cubes  
3 tbsp rapeseed oil  
large bunch of parsley  
large bunch of basil  
20g cashew nuts, toasted  
and chopped  
1 garlic clove, crushed

1 lemon, zested and juiced  
1 tsp chilli flakes (optional)  
350g pasta (casarecce or fusilli  
work well)  
30g vegetarian hard cheese, shaved

**1** Heat the oven to 200C/180C fan/  
gas 6. Toss the squash cubes with  
 $\frac{1}{2}$  tbsp of the oil and some seasoning  
on a baking tray. Roast for 20-25 mins  
until tender.

**2** Put the parsley, basil, cashew nuts,  
garlic, lemon zest and juice and chilli  
flakes (if using) in a food processor,

along with the remaining oil and a  
splash of water, then whizz until  
very smooth. Season to taste.

**3** Meanwhile, cook the pasta  
following pack instructions. Drain,  
reserving a little of the cooking  
water, then toss with the pesto  
and butternut squash, plus enough  
cooking water to loosen the sauce.  
Scatter over a little shaved cheese  
to serve, if you like.

PER SERVING 540 kcal • fat 14g • saturates 3g •  
carbs 79g • sugars 10g • fibre 11g • protein 18g •  
salt 0.3g





### Vegan kale pesto pasta

**SERVES 4** **PREP** 10 mins  
**COOK** 10 mins **EASY** **VE**

150g kale  
small bunch of basil  
1 small garlic clove  
3 tbsp pumpkin seeds  
5 tbsp extra virgin olive oil  
3 tbsp nutritional yeast  
1 lemon, zested and juiced  
350g wholemeal spaghetti

**1** Bring a pan of water to the boil and cook the kale for 30 seconds. Drain and transfer to a bowl of ice-cold water for 5 mins. Drain again and pat dry using kitchen paper.

**2** Put the basil, garlic, pumpkin seeds, oil, nutritional yeast, lemon juice and zest and the drained kale in a food processor. Blitz until smooth, then season. Loosen with a splash of water if the pesto is too thick.

**3** Cook the pasta following pack instructions, then toss with the pesto and serve.

**PER SERVING** 537 kcs • fat 22g • saturates 3g •  
carbs 60g • sugars 1g • fibre 13g • protein 18g • salt 0.1g



### Olive, cauliflower & harissa pasta

*Harissa paste provides colour and warmth to this vegan pasta dish – you can add more if you like it spicy.*

**SERVES 2** **PREP** 15 mins  
**COOK** 25 mins **EASY** **VE**

1 tbsp olive oil  
1 small cauliflower, broken into small florets, stalks and leaves finely chopped  
1 tbsp tomato purée  
200g cherry tomatoes, halved  
2 garlic cloves, crushed  
25g pitted green olives, halved  
2 tbsp rose harissa paste  
150g wholemeal pasta of your choice (such as pappardelle)  
small handful of parsley, finely chopped

**1** Heat the oil in a large frying pan over a medium-high heat and tip in the cauliflower florets, stalks and leaves. Season, cover and fry for 8-10 mins, shaking the pan occasionally until lightly browned and softened. Stir in the tomato purée and tomatoes, cover and cook for 5 mins more until the tomatoes have burst. Add the garlic, olives and harissa, and cook for another 2-3 mins until fragrant.

**2** Meanwhile, cook the pasta following pack instructions. Drain, reserving a mugful of the water. Stir the pasta into the tomato mixture along with a splash of the cooking water. Season, scatter over the parsley and serve.

**PER SERVING** 466 kcs • fat 15g • saturates 2g •  
carbs 63g • sugars 9g • fibre 12g • protein 14g • salt 1.1g



## Broccoli pasta shells

*If you're only cooking for two, save the leftovers and have it as a pasta salad to enjoy the next day.*

**SERVES 4** **PREP** 5 mins **COOK** 15 mins **EASY** ✨

1 broccoli, cut into florets	30g toasted pine nuts
1 garlic clove, unpeeled	½ lemon, zested and juiced
2 tbsp olive oil	30g vegetarian hard cheese, grated, plus extra to serve
250g pasta shells	
½ small bunch of parsley	
½ small bunch of basil	

**1** Heat the oven to 200C/180C fan/gas 6. Toss the broccoli and garlic with 1 tbsp of the olive oil in a roasting tin, and roast for 10-12 mins until softened.

**2** Cook the pasta shells in a pan of boiling salted water following pack instructions, then drain. Tip the parsley, basil, pine nuts, lemon juice and cheese into a blender. Once the broccoli is cooked, set aside a few of the smaller pieces. Squeeze the garlic from its skin, add to the blender along with the rest of the broccoli, and blitz until you have a smooth pesto. Season well.

**3** Toss the pasta with the pesto. Add the reserved broccoli florets, divide between two bowls and top with a little extra cheese, the lemon zest and a good grinding of black pepper, if you like.

**PER SERVING** 372 kcal • fat 14g • saturates 3g • carbs 43g • sugars 3g • fibre 7g • protein 15g • salt 0.2g





### Ricotta, broccoli & lemon penne

*Ready in under 30 minutes, this hearty main provides three of your five-a-day and packs in vitamin C, which is important to help support the immune system.*

**SERVES 2 PREP 10 mins COOK 17 mins EASY**

200g wholemeal penne  
1 leek, sliced  
200g broccoli, cut into small florets  
1 tbsp rapeseed oil  
1 red pepper, deseeded, quartered and sliced  
1 tsp finely chopped rosemary  
1 red chilli, deseeded and sliced  
3 garlic cloves, sliced  
1 lemon, zested and juiced  
3 tbsp ricotta

- 1 Cook the pasta with the leek in a pan of boiling water for 7 mins, then add the broccoli and boil for 5 mins more until just tender.
- 2 Meanwhile, heat the oil in a large non-stick pan over a medium heat and fry the pepper, rosemary, chilli and garlic for 5 mins until softened.
- 3 Drain the pasta and vegetables, reserving a little of the water, then tip into the pan. Add the lemon zest and juice, the ricotta and some of the reserved water. Divide between bowls to serve.

**PER SERVING** 549 kcal • fat 14g • saturates 4g • carbs 73g • sugars 8g • fibre 17g • protein 23g • salt 0.1g



### Pea & pasta frittata

*This is the perfect use-it-up dinner. It keeps really well and can be sliced up ready for lunch the following day. Serve with any leftover salad leaves that you have.*

**SERVES 4 PREP 5 mins COOK 15 mins EASY**

5 eggs  
200ml milk  
80g vegetarian hard cheese, finely grated  
½ bunch of mint, chopped  
200g pasta shells, cooked following pack instructions  
200g frozen peas  
1 tbsp butter  
green salad, to serve

- 1 Heat the grill to its highest setting. Crack the eggs into a large bowl, then whisk in the milk, half the cheese, the mint, cooked pasta and the peas, and season well. Melt the butter in a medium, ovenproof, non-stick frying pan over a medium heat and cook the egg mixture, without stirring, for about 5 mins.
- 2 Scatter the remaining cheese on top and put under a hot grill for 10 mins until cooked through, then slide onto a plate. Cut into slices and serve with a green salad.

**PER SERVING** 597 kcal • fat 25g • saturates 12g • carbs 53g • sugars 8g • fibre 7g • protein 36g • salt 1g



## Ravioli with artichokes, leek & lemon

**SERVES 2** **PREP** 10 mins

**COOK** 10 mins **EASY**

280g jar artichoke antipasto, drained (reserve 1 tbsp oil), artichokes roughly chopped  
1 large leek, finely sliced  
1 garlic clove, crushed  
3 tbsp soft cheese  
1 lemon, zested and juiced  
250g pack spinach & ricotta ravioli  
2 large handfuls of rocket and grated vegetarian hard cheese, to serve (optional)

**1** Heat the reserved oil from the artichokes in a large saucepan over a medium heat and fry the leek and garlic for 5 mins until the leek is soft. Stir in the artichokes, soft cheese and lemon zest, then warm through. Season to taste and add a squeeze of lemon juice.

**2** Meanwhile, cook the ravioli following pack instructions. Drain, add to the pan of artichokes and cheese, and toss through. Serve topped with the rocket and a grating of hard cheese, if you like.

**PER SERVING** 513 kcs • fat 31g • saturates 13g • carbs 43g • sugars 7g • fibre 9g • protein 16g • salt 3.5g







## Southern-style mac 'n' cheese

*This is made fiery with cayenne – but don't overdo it, or the chilli will kill the flavour of the cheese.*

**SERVES 4-6 PREP 10 mins COOK 1 hr EASY**

400g sweet potatoes  
(1 large or 2 small)

1½ tbsp olive oil

¼ tsp ground cayenne

35g butter

50g plain flour

600ml whole milk

3 tsp American mustard (or  
2 tsp English mustard)

generous grating of nutmeg

135g mature cheddar,  
grated

225g macaroni

**1** Heat the oven to 200C/180C fan/gas 6. Peel the sweet potatoes and cut into small, bite-sized chunks. Toss in a 20cm gratin dish with the olive oil, cayenne and some seasoning. Roast for 25-30 mins, or until golden and soft, tossing occasionally.

**2** Meanwhile, melt the butter in a saucepan and add the flour. Stir together to make a roux, and cook for a couple of minutes. Remove from the heat, then slowly pour in the milk, a little at a time, stirring well after each addition. Return the pan to the heat and bring to the boil, stirring all the time. Turn the heat down, add the mustard and nutmeg, and season well. Add most of the cheese, and continue to stir. Taste for seasoning. Keep over a low heat so it stays warm until the pasta is ready.

**3** Cook the pasta in a pan of boiling lightly salted water for a couple of minutes less than it says on the pack. Drain, reserving some of the cooking water, then stir the pasta and cooked sweet potato into the cheese sauce. The mixture should be quite thick, but add a little of the reserved water to loosen, if needed. Taste for seasoning.

**4** Tip the mixture into the gratin dish, then scatter over the rest of the cheese and return the dish to the oven. Bake for about 20-30 mins, or until the top is golden brown and bubbling.

**PER SERVING** 462 kcals • fat 20g • saturates 11g • carbs 52g • sugars 9g • fibre 4g • protein 15g • salt 1g

## Brown butter linguine

**SERVES 1 PREP 5 mins**

**COOK 15 mins EASY**

100g linguine

25g butter

½ slice white bread, toasted and  
chopped into small pieces

pinch of chilli flakes

1-2 tbsp grated vegetarian  
hard cheese

**1** Cook the pasta in a pan of boiling salted water until al dente, then drain, reserving a little water.

**2** Meanwhile, melt a little of the butter in a frying pan until foaming,

then fry the bread until golden brown all over. Tip into a bowl and wipe out the pan. Add the rest of the butter and cook until it's foaming and has started to brown. Add the chilli flakes and plenty of black pepper, and cook for 1 min.

**3** Tip the pasta into the pan along with a splash of the reserved cooking water and the cheese, and toss together thoroughly. Sprinkle over the fried bread and toss everything together again.

**PER SERVING** 574 kcals • fat 28g • saturates 17g • carbs 60g • sugars 3g • fibre 4g • protein 18g • salt 0.9g







### Cherry tomato & ricotta cavatappi

*Canned cherry tomatoes are an absolute must in the kitchen, as they're already sweet and require half the cooking time of regular canned tomatoes.*

**SERVES 4** **PREP** 5 mins

**COOK** 30 mins **EASY**

3 tbsp olive oil  
4 garlic cloves, sliced  
2 x 400g cans cherry tomatoes  
350g cavatappi  
250g ricotta  
150ml double cream  
grating of nutmeg  
handful of basil, leaves picked and torn

60g vegetarian hard cheese  
crusty bread, to serve

**1** Heat the grill to its highest setting and bring a large pan of salted water to the boil. Heat the oil in a large saucepan over a medium heat and fry the garlic for 30 seconds until sizzling. Add the tomatoes, then swill out the cans with a splash of water and add this, too. Season well and simmer for 15 mins to reduce slightly. When the water is boiling, stir in the cavatappi and cook for 1 min less than the pack instructions.

**2** Meanwhile, combine the ricotta, double cream and a grating of nutmeg in a bowl, then season to taste.

**3** Taste the tomato sauce for seasoning, then drain the cavatappi

and add to the sauce, along with the basil. Stir to combine. Tip half the pasta mixture into a medium ovenproof dish, then dollop over half the ricotta mixture. Pour the rest of the pasta mixture on top, then spoon over the rest of the ricotta mixture. Don't worry about making it look too neat – you want large pockets of the creamy ricotta mixture throughout the bake.

**4** Sprinkle over the hard cheese, then slide under a hot grill for 5 mins, or until the top is golden and the edges are bubbling. Serve with crusty bread for mopping up the bowls.

**PER SERVING** 777 kcals • fat 42g • saturates 21g • carbs 73g • sugars 11g • fibre 6g • protein 25g • salt 0.7g



# 5 WAYS WITH broccoli



## Avocado, roasted broccoli & sesame rice salad

**SERVES 2** **PREP** 15 mins  
**COOK** 20 mins **EASY**

Heat the oven to 220C/200C fan/gas 7. Tip **1 large broccoli**, cut into florets, and **1 large red onion**, cut into chunky wedges, onto a baking sheet, toss with **1 tbsp sesame oil** and roast for 20 mins until the broccoli is tender. Meanwhile, whisk **1 tbsp sesame oil** with **2 tbsp soy sauce**, **2 tbsp rice wine vinegar** and **1/2 tbsp honey** in a large bowl. Heat a **250g pouch cooked brown rice** following pack instructions, then cool slightly. Toss with the dressing and roasted broccoli and onion. Mix **1 small avocado**, peeled, stoned and roughly chopped, and a **small bunch of coriander** into the salad. Divide between bowls. Scatter over **1 finely sliced red chilli**, then sprinkle over **1 tbsp toasted sesame seeds**.

**PER SERVING** 760 kcal • fat 44g • saturates 8g • carbs 57g • sugars 21g • fibre 23g • protein 22g • salt 2.5g



## Green breakfast smoothie

**SERVES 2** **PREP** 10 mins **EASY** **VE**

Put **50g spinach**, roughly chopped, **100g broccoli florets**, roughly chopped, and **2 celery sticks**, roughly chopped, in a blender with **4 tbsp desiccated coconut**, **1 banana**, peeled and roughly chopped, **300ml rice milk**, **1/4 tsp spirulina** (optional) and 300ml water. Blitz until smooth.

**PER SERVING** 243 kcal • fat 10g • saturates 7g • carbs 27g • sugars 18g • fibre 6g • protein 7g • salt 0.4g



## Crispy broccoli salad

**SERVES 2** **PREP** 10 mins  
**COOK** 15 mins **EASY**

Heat the oven to 200C/180C fan/gas 6. Mix **75g ground almonds** with **1 tsp garam masala** and some seasoning. Whisk **1 egg** in a bowl. Remove the stalk from **1 broccoli**, then cut the head into eight wedges. Coat the broccoli wedges in the egg, then toss in the almond mixture. Roast for 15 mins on a baking tray lined with baking parchment. Meanwhile, mix **1 finely sliced red onion** with the **juice of 1/2 lemon**, then leave to lightly pickle. Mix the juice of 1/2 lemon with **25g yogurt** and some seasoning. Heat a **250g pouch cooked mixed grains** following pack instructions, then mix with **50g rocket**, most of the pickled onion and half the dressing in a large bowl. Tip onto a serving plate and top with the broccoli wedges, drizzle over the remaining dressing and scatter over a **small handful of mint leaves** and the rest of the onion.

**PER SERVING** 645 kcal • fat 31g • saturates 4g • carbs 54g • sugars 13g • fibre 14g • protein 30g • salt 0.3g





## Polenta pizza with long-stemmed broccoli & mozzarella

**SERVES 2** **PREP** 10 mins  
**COOK** 15 mins **EASY**

Heat the grill to its highest setting. Bring **400ml vegetable stock** to the boil in a medium saucepan. Pour in **100g polenta**, whisking continuously. Add a pinch of salt and **2 tbsp grated vegetarian hard cheese**. Whisk for 3 mins until thick. Rub **1 tsp olive oil** over a large baking tray, then pour in the polenta and spread out into a 30cm circle.

Trim **200g long-stemmed broccoli** and cook in a pan of boiling water for 2 mins. Rinse in cold water. Drain. Mix **4 halved cherry tomatoes** and **1 chopped garlic clove** with 1 tsp olive oil. Cut a **125g ball low-fat mozzarella** into cubes and scatter this over the polenta. Add the broccoli and tomato mixture. Top with **10 red peppers from a jar**, halved, then sprinkle over 2 tbsp grated vegetarian hard cheese. Grill for 3-4 mins until the cheese is melted and the pizza edges golden.

**PER SERVING** 498 kcal • fat 21g • saturates 11g • carbs 42g • sugars 4g • fibre 5g • protein 31g • salt 1g



## Broccoli rice with peanuts

**SERVES 4** (or 6 as a side) **PREP** 25 mins  
**COOK** 10 mins **EASY** **VE**

Whisk the **zest and juice of 1 lime** with **2 tbsp tamari**, **1/2 tbsp xylitol** and **2 tbsp olive oil** in a large bowl. Toast **100g salted peanuts** over a medium heat until golden, then tip onto a plate to cool. Cut **1 broccoli** into florets and chop the stem, then blitz in a food processor until it looks like green couscous. Heat 2 tbsp olive oil in a large pan over a medium heat and fry **1 red onion**, finely chopped, **1 garlic clove**, crushed, **1 tbsp grated ginger** and **1 red chilli**, deseeded and diced, for a few minutes until softened and aromatic. Stir in the broccoli rice and fry for 3-4 mins until al dente. Tip the broccoli rice into the bowl of dressing. Add **1/2 small red cabbage**, shredded, **1 red pepper**, deseeded and sliced, a **small handful of coriander**, roughly chopped, and half the peanuts, and mix everything well. Spoon into four bowls and garnish with the remaining peanuts and more chopped coriander.

**PER SERVING** 380 kcal • fat 26g • saturates 4g • carbs 10g • sugars 1g • fibre 11g • protein 15g • salt 1.4g



# 5 WAYS WITH eggs



## Posh eggs, chips & beans

**SERVES 4** **PREP** 5 mins  
**COOK** 1 hr **EASY**

Heat the oven to 200C/180C fan/gas 6. Cut **4 large baking potatoes** into wedges and toss with **1 tbsp olive oil** and some seasoning. Bake for 45 mins-1 hr until crisp and golden, tossing halfway through. Meanwhile, heat **1 tbsp olive oil** in a pan and cook **1 finely chopped onion** for 10-15 mins until starting to soften. Add **1 tsp smoked paprika**, **1 thyme sprig**, a **400g can chopped tomatoes** and **two 400g cans cannellini beans**, along with the liquid from the cans. Simmer for 15 mins until thickened, then discard the thyme. Fry or poach **4 eggs**, then serve with the wedges and beans, sprinkled with roughly chopped **flat-leaf parsley**.

**PER SERVING** 462 kcs • fat 16g • saturates 3g • carbs 50g • sugars 7g • fibre 13g • protein 23g • salt 0.3g



## Turkish eggs

**SERVES 2** **PREP** 10 mins  
**COOK** 10 mins **EASY**

Finely slice **1 red chilli** and heat gently in a small pan with **50g butter**. Leave to infuse. Stir **1 crushed garlic clove** into **200g Greek-style yogurt** along with the **juice of 1/2 lemon** and some seasoning. Divide between two bowls. Poach **2 medium eggs** in a large pan of simmering water for 3 mins until the whites are set. Drain on kitchen paper. Put the eggs on top of the yogurt, then drizzle over the chilli butter. Sprinkle over **2 tsp sumac** and the leaves from a **small bunch of coriander**. Serve with some toast, if you like.

**PER SERVING** 402 kcs • fat 36g • saturates 21g • carbs 5g • sugars 5g • fibre 0g • protein 13g • salt 0.7g



## Green masala eggs

**SERVES 4** **PREP** 10 mins  
**COOK** 30 mins **EASY**

Cook **6 eggs** in a pan of boiling water for 6 mins, then cool in cold water before peeling. Heat a **350g pouch cooked brown basmati rice** following pack instructions. Heat a drizzle of **rapeseed oil** in a large, deep frying pan. Fry **1 finely sliced onion** until soft, then add a **2cm piece of ginger**, peeled and grated, and cook for 1 min. Stir in **1 tsp ground turmeric**, **1 tsp chilli powder** and **1 tsp ground coriander**. Finely slice **2 green chillies**. Stir in a **400ml can coconut milk**, most of the green chillies and **1 tsp mango chutney**. Bring to a simmer and cook for 5 mins. Meanwhile, heat **1 1/2 tbsp rapeseed oil** and fry the peeled eggs until browned and crisp all over, then remove and halve. Roughly chop a **small handful of coriander** and stir most into the masala. Season with salt. Add the eggs, then top with the remaining chillies and coriander. Serve with rice.

**PER SERVING** 673 kcs • fat 34g • saturates 18g • carbs 68g • sugars 5g • fibre 5g • protein 22g • salt 0.5g





## Easy huevos rancheros

**SERVES 1** **PREP 3 mins**  
**COOK 7 mins EASY**

Heat **1 tbsp vegetable oil** in a frying pan over a high heat and fry **1 corn tortilla** for 1-2 mins on each side until crisping at the edges. Transfer to a plate. Crack **1 egg** into the pan and cook to your liking. Meanwhile, drain a **200g can black beans** and

tip into a bowl with some seasoning and a squeeze of **lime juice**. Lightly mash with a fork. Spread the beans over the tortilla and top with the egg. Slice **1/2 ripe avocado** and arrange over the beans, then crumble over **50g vegetarian feta**, drizzle over some **hot chilli sauce** and squeeze over a little more lime juice.

**PER SERVING** 682 kcals • fat 46g • saturates 13g • carbs 32g • sugars 1g • fibre 13g • protein 27g • salt 2.1g



## Cheesy scrambled egg croissants

**SERVES 2** **PREP 5 mins**  
**COOK 5 mins EASY**

Heat the oven to 160C/140C fan/gas 3 and warm **4 large croissants** for 3-4 mins. Whisk **8 eggs** with **100g grated cheddar**, a **splash of milk** and some seasoning. Pour into a saucepan and stir continuously over a low heat until the eggs are softly scrambled. Add a **small bunch of finely sliced chives** and stir. Split open the croissants and spoon the scrambled egg inside to serve.

**PER SERVING** 502 kcals • fat 33g • saturates 15g • carbs 24g • sugars 3g • fibre 1g • protein 26g • salt 1.5g



# 5 WAYS WITH gnocchi & gnudi



## Green bean parsley pesto gnocchi

**SERVES 4** **PREP** 10 mins  
**COOK** 3 mins **EASY**

Blitz **100g flat-leaf parsley**, leaves picked and roughly chopped, in a food processor with **1 garlic clove**, peeled, **40g toasted cashew nuts** and **120ml extra virgin olive oil** until smooth. Spoon into a bowl and stir in the **zest of 1 lemon** and **40g grated vegetarian hard cheese**. Season and set aside. Bring a large pan of lightly salted water to the boil and cook **450g green beans**, halved, and **500g gnocchi** for 2-3 mins until the gnocchi floats to the top of the pan. Drain and toss with the pesto, then divide between bowls. Finish with shaved hard cheese, if you like.

**PER SERVING** 578 kcals • fat 39g • saturates 7g • carbs 41g • sugars 5g • fibre 9g • protein 12g • salt 1.3g



## Cheat's gnudi

**SERVES 2** **PREP** 20 mins  
**COOK** 5 mins **EASY**

Put **200g spinach** in a large colander over the sink and pour over boiling water to wilt. Cool and drain, then squeeze out the excess water and tip into a food processor. Add **150g garlic & herb soft cheese**, **100g fresh breadcrumbs** and some seasoning, and blitz. Rub some **olive oil** over your hands, then shape the mixture into 20 balls. Cook in a pan of boiling salted water for 2 mins. Scoop out using a slotted spoon, season and drizzle over some olive oil. Divide between plates and scatter over **2 tbsp grated vegetarian hard cheese** to serve.

**PER SERVING** 502 kcals • fat 36g • saturates 23g • carbs 24g • sugars 3g • fibre 2g • protein 19g • salt 1.8g



## Roast mushroom gnocchi

**SERVES 3** **PREP** 5 mins  
**COOK** 35 mins **EASY**

Heat the oven to 220C/200C fan/gas 7. Put **250g sliced mushrooms** in a roasting tin with **500g chilled gnocchi**. Drizzle over **3 tbsp olive oil** and roast for 25-30 mins until the gnocchi are golden, stirring occasionally to stop them sticking. Stir **80g baby leaf spinach** into the tin to wilt, then crumble over **100g blue cheese**. Return to the oven for a few minutes to just melt the cheese. Serve with fresh baby leaf spinach and a drizzle of olive oil.

**PER SERVING** 469 kcals • fat 23g • saturates 9g • carbs 46g • sugars 2g • fibre 4g • protein 17g • salt 1.9g



## Creamy tomato & mascarpone gnocchi

**SERVES 2** **PREP** 10 mins  
**COOK** 15 mins **EASY**

Heat **1 tbsp olive oil** in a large, deep frying pan over a medium heat and fry **1 small broccoli**, roughly chopped, for 5 mins until golden brown. Stir in **1 red chilli**, finely

chopped, **2 sliced garlic cloves** and **200g cherry tomatoes**, halved. Gently fry for 5 mins until the tomatoes burst. Tip in **300g chilled gnocchi** and cook for 2-3 mins until tender. Stir in **25g mascarpone** and season with lots of black pepper. Scatter over **basil leaves** to serve.

**PER SERVING** 444 kcal • fat 13g • saturates 5g •  
carbs 61g • sugars 8g • fibre 12g • protein 14g •  
salt 0.5g



## Creamy baked gnocchi with squash & spinach

**SERVES 2-3** **PREP** 15 mins  
**COOK** 15 mins **EASY**

Peel, deseed and cut a **600g butternut squash** into small chunks. Put in a microwavable bowl with a splash of water and some seasoning, then cover and cook on high for 5 mins. Or, cook for 12 mins in an air-fryer at 200C, or roast in the oven for 25 mins at 200C/180C fan/gas 6. Fry **2 crushed garlic cloves** in a large ovenproof frying pan over a low heat in **2 tsp olive oil** for 30 seconds. Add **160g baby leaf spinach** and wilt. Roughly mash half the squash and stir into the pan with **250g mascarpone** and 150ml water until you have a smooth, creamy sauce. Add a generous **grating of nutmeg** and **15g grated vegetarian hard cheese**. Stir in **500g gnocchi** and the squash chunks. Simmer for 1-2 mins, adding a splash of water if the sauce is very thick. If you don't have an ovenproof frying pan, tip the gnocchi into a roasting tin. Scatter over **3 tbsp fresh or dried breadcrumbs** and 15g grated vegetarian hard cheese. Cook the gnocchi under a medium-high grill for a few minutes until golden and bubbling at the edges.

**PER SERVING** (3) 834 kcal • fat 46g • saturates 27g •  
carbs 84g • sugars 12g • fibre 8g • protein 18g • salt 1g



# 5 WAYS WITH sweet potato



## Sweet potato curry

**SERVES 4** **PREP** 15 mins  
**COOK** 30 mins **EASY** **VE** ✨

Heat **1 tsp rapeseed oil** in a large non-stick frying pan and cook **2 sliced red onions** and a **thumb-sized piece of ginger**, peeled and finely chopped, for 5 mins, then add **2 tbsp madras curry powder**, **1 tsp ground allspice**, a **400g can chopped tomatoes**, **200g coconut milk**, **1 tbsp thyme leaves**, **1 tbsp vegetable bouillon** and 400ml water. Add **3 sweet potatoes**, peeled and cut into large cubes, **2 red peppers**, chopped, and **325g white cabbage**, chopped, to the pan, cover and simmer for 20-25 mins until tender. Meanwhile, put 1 red onion, chopped, and **2 chopped garlic cloves** in a pan with **125g brown basmati rice**, 1 tbsp thyme leaves, 1 tsp vegetable bouillon and 600ml boiling water. Cover and cook for 25 mins until the liquid has been absorbed and the rice is tender. Drain a **400g can black-eyed peas**, stir into the rice and heat through. Serve the rice and peas alongside the curry.

**PER SERVING** 543 kcal • fat 12g • saturates 8g • carbs 84g • sugars 29g • fibre 18g • protein 15g • salt 0.4g



## Sweet potato nachos

**SERVES 2** **PREP** 15 mins  
**COOK** 35 mins **EASY**

Pierce **3 small sweet potatoes** a few times using a fork and microwave for 10 mins, or bake at 180C/160C fan/gas 4 for 40 mins. Heat (or increase) the oven to 200C/180C fan/gas 6. Halve each potato and scoop out roughly half the flesh to save for another meal. Cut the potato skins in half lengthways, then season and rub over **1 tbsp rapeseed oil**. Bake in a roasting tin lined with baking parchment for 15 mins until starting to crisp. Drain a **400g can black beans**, then scatter these over the potato skins along with **100g tomato salsa** and **40g grated cheddar**. Return to the oven for 10-15 mins until the cheese is bubbling. Chop **1 avocado** and mix with the **juice of 1 lime**. Finely chop **1/2 red onion** and roughly chop the leaves from a **small bunch of coriander**. Top the nachos with the chopped avocado, coriander and red onion to serve.

**PER SERVING** 691 kcal • fat 30g • saturates 8g • carbs 79g • sugars 36g • fibre 21g • protein 16g • salt 1.5g



## Miso roasted tofu with sweet potato

**SERVES 2** **PREP** 15 mins  
**COOK** 25 mins **EASY** **VE**

Heat the oven to 200C/180C fan/gas 6. Drain **400g firm tofu**, then wrap in kitchen paper, put in a shallow dish and put a heavy plate on top to squeeze out the water. When the paper is wet, repeat the process. Chop the pressed tofu into 2.5cm cubes. Combine **3 tbsp white miso**, **3 tbsp mirin** and **3 tbsp lime juice**. Put the tofu on a baking tray lined with baking parchment and pour over half the dressing. Sprinkle over **2 tbsp toasted sesame seeds** and mix to coat. Spread the tofu out and bake for 20-25 mins until golden and crisp. Cut **2 large sweet potatoes** in half and microwave in a covered bowl for 10-15 mins until soft. Cook **100g fine green beans** in boiling water for 1 min, drain, rinse in cold water, then set aside. Mash the sweet potato and serve in bowls topped with the tofu, green beans, the rest of the dressing and **2 finely sliced spring onions**.

**PER SERVING** 628 kcal • fat 24g • saturates 4.8g • carbs 72g • sugars 41g • fibre 12g • protein 25g • salt 1.5g



## Sweet potato Tex-Mex salad

**SERVES 4** **PREP** 10 mins  
**COOK** 30 mins **EASY** **VE**

Heat the oven to 200C/180C fan/gas 6. Cut **600g sweet potatoes** into even chunks and toss with **1 tbsp extra virgin olive oil**, **1 tsp chilli flakes** and some seasoning. Roast on a baking tray for 30 mins until tender. Meanwhile, drain and rinse a **400g can black beans**

and a **198g can sweetcorn**. Toss together **2 avocados**, chopped, **250g tomatoes**, cut into chunks, **1 small red onion**, thinly sliced, the **juice of 1 lime** and a **small bunch of coriander**, roughly chopped. Spoon the mixture onto a platter and top with the sweet potato to serve.

**PER SERVING** 485 kcs • fat 21g • saturates 4g • carbs 56g • sugars 27g • fibre 17g • protein 9g • salt 0.6g



## Sweet potato jacket with coronation chickpeas

**SERVES 2** **PREP** 15 mins  
**COOK** 6 mins **EASY**

Pierce **2 large sweet potatoes** all over using a fork and microwave for 5-6 mins until soft. Drain a **400g can chickpeas** and mix with **150g thick Greek-style yogurt**, **50g mango chutney**, **2 tsp mild curry powder** and the **juice of ½ lime**. Split the sweet potatoes lengthways and fill with the yogurt mixture. Thinly slice **½ small onion** and sprinkle this over the sweet potatoes along with a **handful of coriander leaves** and **nigella seeds**.

**PER SERVING** 551 kcs • fat 13g • saturates 6g • carbs 84g • sugars 41g • fibre 16g • protein 17g • salt 1.2g



# 5 WAYS WITH tempah



## Rice noodle salad with peanut butter tempah

**SERVES 2 PREP 10 mins**  
**COOK 20 mins EASY VE**

Heat the oven to 200C/180C fan/gas 6. Line a baking tray with foil and rub with a few drops of **rapeseed oil**. Thinly slice **100g tempah** and cut into bite-size pieces. Mix **1 large finely grated garlic clove** with **2 tbsp crunchy peanut butter** and 2 tbsp boiling water. Stir in the tempah, then spread out over the baking tray. Cook for 10-12 mins until golden. Meanwhile, cook **100g vermicelli rice noodles** following pack instructions, then rinse and drain well. Mix the **zest and juice of 1 large lime** with **1 tbsp sweet chilli sauce** in a large bowl, then stir in **1 large carrot**, cut into matchsticks, **2 spring onions**, finely chopped, a **160g piece of cucumber**, halved, deseeded and thinly sliced, followed by the drained noodles. Add **2 tbsp chopped mint** and **3 tbsp chopped coriander**. Serve topped with the baked tempah.

**PER SERVING** 436 kcs • fat 13g • saturates 2g • carbs 54g • sugars 12g • fibre 10g • protein 20g • salt 0.5g



## Teriyaki tempah with peanut dip

**MAKES 16 canapes PREP 15 mins**  
**COOK 10 mins EASY VE**

Mix the **juice of 1/2 lime** with **30g peanut butter**, **100ml coconut milk**, **1 tsp chilli flakes**, **1 tsp soy sauce** and a **pinch of sugar**. Season and add a splash of water if it's too thick. Cut **200g tempah** into 16 slices. Heat **1 tbsp olive oil** in a frying pan over a medium-high heat and fry the tempah for 3 mins on each side. Add **150ml teriyaki sauce** and bubble for 1-2 mins, turning the slices to coat. Tip **40g toasted sesame seeds** into a cup. Push a wooden skewer into each tempah slice, then dip the end of the tempah into the seeds. Arrange on a serving platter alongside the peanut dip, with lime wedges on the side.

**PER SERVING** 87 kcs • fat 5g • saturates 2g • carbs 6g • sugars 5g • fibre 1g • protein 4g • salt 0.8g



## Chilli tempah stir-fry

**SERVES 2 PREP 10 mins**  
**COOK 15 mins EASY VE**

Cook **300g long-stemmed broccoli** in a pan of boiling water for 1 min 30 seconds, then drain. Cut **150g tempah** into 2cm cubes and stir-fry in **1/2 tbsp sesame oil** for 2-3 mins, then lift onto a plate. Add **2 thinly sliced garlic cloves**, **1/2 red chilli**, finely chopped, and **1 thumb-sized piece of ginger**, peeled and grated, to the pan and fry for 2 mins, then add the broccoli and toss. Mix **1/2 tbsp gochujang paste** with 2 tbsp water and the tempah. Add to the pan with **1 tsp sesame seeds**. Cook for 2 mins and serve with steamed **brown rice**, if you like.

**PER SERVING** 372 kcs • fat 10g • saturates 1g • carbs 39g • sugars 4g • fibre 25g • protein 25g • salt 0.1g





## Vegan kebabs

**SERVES 2** **PREP 10 mins**

**COOK 6 mins** **EASY** **VE**

Cut **100g tempeh** into  $\frac{1}{2}$ cm thick slices. Mix **1 tbsp olive oil** with **1 tbsp smoked paprika**, **1 tbsp dried oregano**, some seasoning and 1 tbsp water. Add the tempeh, tossing to coat, then put aside. Crush  $\frac{1}{2}$  **small garlic clove** and beat with **2 tbsp vegan mayonnaise** and  $\frac{1}{2}$  tbsp water. Heat **2 flatbreads**

in a dry pan over a medium heat for 30 seconds on each side. Slather over the garlic mayonnaise. Drain **4 tbsp pickled red cabbage** and spoon 2 tbsp onto each flatbread, then add a **handful of salad leaves** to each. Heat 1 tbsp olive oil in a large frying pan over a medium heat and fry the tempeh for 2-3 mins on each side until crispy and browned. Pile onto the flatbreads, fold them over and serve with more salad.

**PER SERVING** 516 kcal • fat 26g • saturates 3g • carbs 45g • sugars 6g • fibre 10g • protein 19g • salt 0.6g



## Sticky tempeh, mango & lime noodle salad

**SERVES 4** **PREP 30 mins** plus marinating **COOK 30 mins** **EASY**

Mix **1 tbsp grated ginger** with **2 tbsp sesame oil** and **3 tbsp soy sauce**. Slice **400g tempeh** and coat in the marinade, then set aside for 30 mins. Heat **1 tbsp sunflower oil** in a frying pan over a medium heat and fry the tempeh in batches for 2-3 mins on each side, then lift onto a plate. Melt **4 tbsp honey** and fry the tempeh in the honey for 2 mins on each side until dark and sticky. Leave to cool. Mix **2 red bird's-eye chillies**, finely chopped, with **2 grated garlic cloves**, the **zest and juice of 2 limes**, 2 tbsp soy sauce and 1 tbsp sesame oil, and set aside. Put  $\frac{1}{2}$  **cucumber**, halved and deseeded, **3 limes**, segmented, **1 large mango**, halved, stoned and cut into cubes, **2 sliced banana shallots** and **8 thinly sliced radishes** in a bowl. Cook **100g vermicelli rice noodles** following pack instructions, then drain, rinse under cold water, and drain again. Toss the noodles into the salad with some **coriander leaves**. Divide between four plates, top with the tempeh and dressing, then sprinkle over **toasted coconut flakes** and **crispy fried shallots**, if you like.

**PER SERVING** 595 kcal • fat 24g • saturates 5g • carbs 64g • sugars 36g • fibre 11g • protein 25g • salt 3.5g



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# Glorious grains

Make the most of a storecupboard staple with food writer  
**Billy Law's** flavour-filled, globally inspired rice recipes



Aubergine  
donburi, p59



## Aubergine donburi

A well-loved vegetable in Japan, aubergine is the star of this vegan dish. A bed of rice is topped with rich, tender slices of soy sauce- and mirin-glazed aubergine, which is then sprinkled with sesame seeds and spring onion.

**SERVES 2 PREP 20 mins**

**COOK 20 mins EASY VE**

1 Japanese or Lebanese aubergine (about 200g), cut lengthways into 3-4 mm slices  
75g plain flour  
2 tbsp neutral oil, plus extra if needed  
steamed short-grain rice, to serve  
1 spring onion, finely sliced, and toasted white sesame seeds, to garnish

### For the seasoning

1 tbsp miso paste  
2 tbsp hon mirin (cooking sake)  
1 tbsp granulated sugar  
1 tbsp soy sauce  
1 tbsp grated ginger

**1** Put the aubergine slices on a large tray and sprinkle salt over both sides, then leave to dry for 20 mins. Meanwhile, mix all the seasoning ingredients with 125ml water in a bowl until the sugar dissolves. Set aside. Use kitchen paper to dry the aubergine and wipe off any excess moisture. Spread the flour out over a small tray and, one at a time, dust the aubergine slices in the flour until evenly coated.

**2** Heat the oil in a large non-stick frying pan over a medium heat and fry the aubergine slices in a single layer for 3-4 mins until golden. Flip over and fry the other side for 3 mins more, adding more oil if the aubergine sticks to the pan.

**3** Drizzle over the seasoning and bring to a simmer. Reduce the heat to low and cook the aubergine until the sauce has reduced by half and thickened. Baste the aubergine with the sauce occasionally so it is nicely coated. Divide the rice between serving bowls, put the braised aubergine on top and drizzle over some of the sauce. Garnish with the spring onion and sesame seeds.



## Kimchi bokkeum bap

*If you have a well-stocked pantry, you may not even need to go grocery shopping to make kimchi fried rice. Although packed with flavour, this Korean dish doesn't need much more than kimchi and gochujang (Korean chilli paste), plus a fried egg on top, to provide a low-effort but incredibly tasty meal.*

**SERVES 2 PREP 10 mins**

**COOK 15 mins EASY**

2 tbsp neutral oil  
2 garlic cloves, crushed  
150g cabbage kimchi, roughly chopped  
500g steamed short-grain rice, chilled overnight, then brought up to room temperature  
60ml kimchi liquid

2 tbsp gochujang (Korean chilli paste)  
2 tsp sesame oil  
1 spring onion, finely sliced  
2 fried eggs, to serve

**1** Heat the oil in a wok over a medium-high heat and stir-fry the garlic for 1 min until fragrant. Add the kimchi and stir-fry for another minute. Tip in the rice, breaking up any clumps. Add the kimchi juice and gochujang, and stir-fry for 3-4 mins more until well combined. Reduce the heat if the rice begins to stick to the bottom of the pan.

**2** Add the sesame oil, and season with salt and pepper to taste. Add half the spring onion, mix well, then divide the fried rice between serving bowls. Garnish with the remaining spring onion and top each bowl with a fried egg. Serve immediately.



## Khichdi

Moong dal (skinned split mung beans) and rice are cooked together until soft to create khichdi. The end texture and taste varies, with some versions more porridge-like, some firmer, some heavily spiced, and some kept simple with nothing more than ghee, cumin and turmeric. This version adds more spices and vegetables for a fuller flavour.

**SERVES** 6-8 **PREP** 10 mins plus soaking **COOK** 25 mins **EASY** **VE**

300g basmati rice  
210g moong dal (skinned split mung beans)  
1 tbsp ghee or neutral oil  
1 tsp cumin seeds  
1 tsp mustard seeds  
½ onion, finely chopped  
½ tbsp grated ginger  
2 green chillies, finely chopped (see tip)  
2 large tomatoes, diced  
155g frozen green peas  
1 tsp ground turmeric  
1 tsp garam masala  
poppadums and roughly chopped coriander leaves, to serve

**1** Put the rice and moong dal in a bowl and pour in enough water to cover everything by at least 2.5cm. Soak for 30 mins, then drain and set aside.

**2** Heat the ghee in a flameproof casserole dish over a medium heat and toast the cumin and mustard seeds for about 20 seconds until fragrant. Add the onion and fry for about 1 min until softened and translucent. Add the ginger and chillies, and fry for another minute. Tip in the tomatoes and cook for about 2 mins until softened. Add the peas and soaked rice and dal, mixing well, then add the turmeric, 2 tsp salt and the garam masala, stirring until everything is well coated.

**3** Add 1.5 litres water and increase the heat to high. Mix well and bring to

the boil. Reduce the heat to low, cover and cook for 15-20 mins, stirring occasionally until the rice and dal are soft and mushy. If it gets too dry, add water to get the desired consistency. Season with salt to taste.

**4** Cook the poppadums following pack instructions. Divide the khichdi between serving bowls, garnish with the coriander leaves and serve with the poppadums.

### tip

We used hari mirch (Indian green chillies), which are available at any south Asian supermarket. They can be substituted with green bird's-eye chillies.





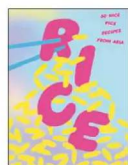
## Champorado

*Among porridges, the Filipino champorado stands out thanks to its signature ingredient: chocolate. As this breakfast dish uses unsweetened cocoa, the end result is not overly sweet, but rather creamy and a touch bitter. Condensed milk can be poured over at the end to provide a richer finish.*

**SERVES 8-10 PREP 10 mins**  
**COOK 25 mins EASY VE**

40g cocoa powder  
 200g glutinous rice  
 165g granulated sugar  
 185ml coconut milk, plus extra  
 to serve  
 condensed milk, to serve (optional)

- 1** Rinse the rice until the water runs clear. Drain and set aside. Bring 1 litre water to the boil in a saucepan over a medium-high heat. Add the cocoa powder and stir constantly until the cocoa dissolves and no lumps remain.
- 2** Add the rice and stir to combine. Reduce the heat to medium-low and cook for 13-15 mins until all the water has been absorbed, stirring often to prevent the rice sticking to the pan.
- 3** Add the sugar, a pinch of salt and the coconut milk, and stir for about 2 mins until the sugar dissolves. Ladle the chocolate porridge into serving bowls and top with coconut milk or condensed milk, if you like.



Recipes adapted from *RICE: 80 Nice Rice Recipes From Asia* by Billy Law (£15, Smith Street Books). Photographs © Emily Weaving. (Recipes are supplied by the publisher and not retested by us).





# LOVE YOUR LEFTOVERS

Don't chuck away that cold pasta or uneaten soup – transform surplus food into a new meal with these inventive ideas from food writer **Sue Quinn**

## Tender baked halloumi with chimichurri

*If you're a bit unsure about halloumi due to its rubbery, squeaky character, try cooking it this way. Frying it first creates a golden outer crust, then roasting it whole delivers a juicy, fudge-soft inner texture. Paired with chimichurri, a punchy Latin American sauce, this dish takes care of any half-used packs or bunches of soft herbs – both leaves and fine stalks – and is perfect as a light lunch. Thanks to Dorset-based chef Jesse Wells at Terroir Tapas for the inspiration and halloumi chat.*

**SERVES 4 PREP 15 mins plus soaking  
COOK 18 mins EASY**

2 x 250g blocks vegetarian halloumi  
130ml olive oil, or as needed  
handful of fresh herbs and tender stalks, such as parsley, coriander, dill, mint, chervil and basil

1 medium red chilli, deseeded and roughly chopped  
1 large garlic clove, roughly chopped  
¼ tsp dried oregano or mixed herbs  
1 tbsp red wine vinegar or sherry vinegar, or more to taste  
1 tbsp lemon or lime juice, plus extra if needed

**1** Heat the oven to 200C/180C fan/gas 6. Put the halloumi blocks in a bowl of cold water and soak for 10 mins to tenderise and reduce the saltiness. Pat dry with kitchen paper.  
**2** Heat a non-stick ovenproof frying pan over a medium-high heat and, once hot, add 2 tbsp of the oil and fry the halloumi blocks, large-side down, until golden. Fry the smaller sides until golden, leaving one larger side uncooked.  
**3** Transfer the pan with the halloumi to the oven, uncooked-sides down, and bake for 18 mins until very soft. Start checking after 15 mins.

**4** Meanwhile, make the chimichurri. Finely chop the fresh herbs and put in a bowl along with the chilli, garlic and oregano. Add the vinegar, then gradually stir in the remaining oil to make a very loose sauce – you might not need all the oil. Add the lemon juice and taste – stir in more lemon juice, salt or oil if needed.  
**5** Serve the halloumi hot (don't hang about, as it firms up quickly as it cools) with the chimichurri sauce spooned over the top.

### tip

Try serving chimichurri on eggs, or stir through soup and stews to ramp up the flavour. It tastes best when it's made fresh for the dish.





USE  
UP YOUR  
LEFTOVERS:  
chillies,  
fresh herbs





USE  
UP YOUR  
LEFTOVERS:  
cold pasta,  
cooked  
vegetables

### Pasta fritters

*I'm so fond of these fritters – they're crisp, tasty and score top marks for being incredibly speedy and easy. If using cooked pasta without sauce, add a small handful of chopped cooked veg to the mix (pasta-only fritters work fine, just be sure to add a bit more hard cheese). If you're repurposing cooked pasta that has a sauce – vegetarian bolognese, primavera or carbonara – make sure there's a good amount of pasta in the mix too, or the fritters might not hold together.*

**MAKES 4 fritters** **PREP 15 mins**  
**COOK 5 mins** **EASY**

150g cold leftover pasta (any shape),  
finely chopped  
1 egg  
20g grated vegetarian hard cheese  
small handful of cooked vegetables,  
chopped into small pieces (optional)  
1 small garlic clove, grated

$\frac{1}{2}$  tbsp cornflour  
1 tsp pul biber or smoked paprika  
large pinch of cayenne  
olive oil, for frying

- 1** Place all the ingredients except the olive oil in a bowl with  $\frac{1}{4}$  tsp fine sea salt, and stir to combine.
- 2** Pour just enough oil into a large frying pan to cover the base generously, then heat over a high heat. When hot, spoon in four equal mounds of the pasta mixture and fry for about 2 mins until crisp, then flip. Don't be tempted to flip sooner than this – the fritters need time to form a crust underneath, so they don't stick to the pan or fall apart. After the first minute of frying, press down gently on the fritter using a fish slice, and push in any stray bits of pasta. Fry for  $1\frac{1}{2}$  mins on the other side.
- 3** Transfer to a plate lined with kitchen paper, sprinkle with sea salt and serve immediately.

#### tip

Try leftover pasta, with or without sauce, in bubble and squeak, frittata or pies.

### Leftover soup muffins

*The idea sounds a bit crazy, but it really does work. The soup serves as the liquid for the batter, but also delivers lots of extra flavour. And, it's a great way to use up bits of cheese. Use any soup, but if it's chunky, blitz to a purée first in a blender or food processor. The amount you need to add depends on how thick the soup is. Stir in just enough to make a thick batter that falls easily off the end of a spoon. If you have more leftover soup than specified in the recipe, simply scale up the rest of the ingredients. Or, freeze the soup to use another time.*

**MAKES 4 large muffins** **PREP 15 mins**  
**COOK 25 mins** **EASY**

120g plain flour  
1 tsp baking powder  
1 tsp garlic powder (optional)  
2 tbsp olive oil  
1 egg, lightly beaten  
about 120ml leftover soup (or  
as needed)  
50g grated strong cheese,  
such as mature cheddar or  
vegetarian gouda  
small handful of fresh herbs,  
chopped (optional)  
1 spring onion, trimmed and  
finely chopped (optional)

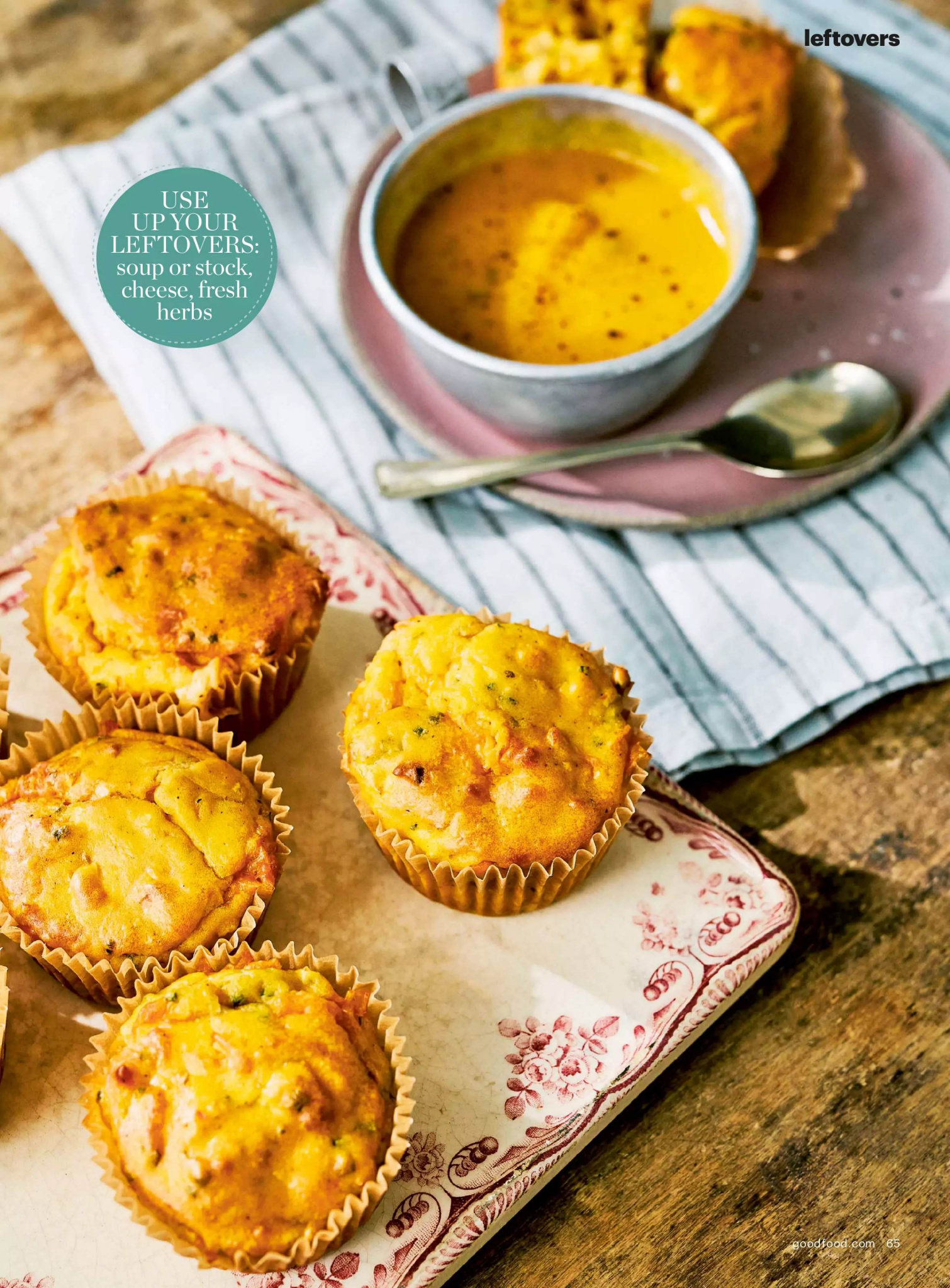
- 1** Heat the oven to 180C/160C fan/gas 4 and line four holes of a large muffin tray with paper cases or baking parchment.
- 2** Whisk the flour, baking powder, garlic powder (if using),  $\frac{1}{4}$  tsp salt and some black pepper together in a bowl. Add the oil and egg, and stir. Stir in just enough of the soup to make a fairly thick batter.
- 3** Stir in the cheese and, if using, the herbs and spring onion. Add a splash more soup if the batter is too thick. Divide between the muffin cases and bake for 25 mins until golden, then serve warm

#### tip

Try adding a small handful of seeds – sunflower, nigella or poppy seeds work well – to the batter when you add the cheese. Or, whisk 1 tsp spice into the flour mixture, such as cumin, paprika, curry powder or garam masala.



USE  
UP YOUR  
LEFTOVERS:  
soup or stock,  
cheese, fresh  
herbs







**USE  
UP YOUR  
LEFTOVERS:**  
risotto, cheese,  
fresh herbs

### Cheesy risotto cakes with herbed pistachio yogurt

*These scrumptious cakes don't take long because the rice is already cooked, and their shape makes them easier to heat all the way through than ball-shaped arancini. The quantities here are enough for two hungry people, or four if you serve other dishes alongside. Just scale the ingredients up or down according to the amount of risotto that you have left.*

**MAKES** 4 cakes **PREP** 30 mins plus optional chilling **COOK** 15 mins **EASY**

#### For the herby yogurt

20g mixed fresh herbs (leaves and fine stems), finely chopped  
200g Greek-style yogurt  
20g shelled pistachios, toasted and roughly chopped  
1 garlic clove, grated  
2 tbsp extra virgin olive oil  
squeeze of lemon juice, to taste

#### For the risotto cakes

50g plain flour  
60g dried breadcrumbs  
1 egg  
400g cold cooked risotto  
25g cheese that melts well (such as cheddar or vegetarian emmental), chopped (avoid fresh mozzarella, as it's too wet)  
olive oil, for frying

- 1** For the herby yogurt, stir all the ingredients together with  $\frac{1}{4}$  tsp fine sea salt, and set aside.
- 2** For the risotto cakes, tip the flour and breadcrumbs onto separate shallow plates. Season the flour well with fine sea salt and black pepper. Crack the egg into a shallow bowl and whisk with a fork.
- 3** Stir the risotto to loosen, then scoop a quarter of it into your hand. Press a quarter of the cheese into the centre and close the risotto around it, squeezing gently to seal. Flatten into a patty. Set aside and repeat with the remaining risotto and cheese.
- 4** Dip the patties into the flour, then the egg and finally the breadcrumbs, coating well. If the cakes are very soft, chill for 30 mins in the fridge (or 10 mins in the freezer) to firm up.
- 5** Heat a heavy-based frying pan over a high heat, then pour in enough oil to generously cover the base. Reduce the heat to medium and fry the cakes for 5-6 mins on each side, or until golden and hot all the way through. Serve hot with the yogurt alongside.

### Coffee ground cookies

*Most of us think of spent coffee grounds as a useless by-product of our daily brew, but these magical cookies prove otherwise. They're absolutely delicious and intensely flavourful. You can save the grounds up until a cookie urge strikes – just tip into a zip-sealed bag and freeze, then defrost before use.*

**MAKES** about 20 cookies  
**PREP** 15 mins plus 1 hr chilling  
**COOK** 12 mins **EASY**

180g plain flour  
40g blanched hazelnuts, toasted and roughly chopped  
50g cocoa powder  
60g spent coffee grounds  
 $\frac{1}{2}$  tsp bicarbonate of soda  
100g softened butter  
80g light brown soft sugar  
100g caster sugar  
1 egg, lightly beaten

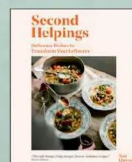
- 1** Put the flour, nuts, cocoa powder, coffee grounds, bicarbonate of soda and a good pinch of fine sea salt in a medium bowl, and stir well with a fork to combine.
- 2** Beat the butter and sugars together using a stand mixer or electric whisk until pale and creamy. Gradually beat in the egg. Stir the dry ingredients into the butter mixture – it may seem too dry at first, but keep mixing to make a stiff dough. Chill for 1 hr.
- 3** Heat the oven to 180C/160C fan/gas 4 and line a baking sheet with baking parchment. Roll the dough into balls the size of large walnuts, then arrange on the baking sheet spaced about 7cm apart. If you need to bake in batches, keep the rest of the dough in the fridge.
- 4** Bake for 6 mins, then turn the baking sheet around and bake for 6 mins more. As soon as the cookies come out of the oven, press down gently on each one using the bottom of a glass to flatten the top slightly. This results in a chewy, rather than cakey, cookie. Leave to cool for a few minutes to firm up, then transfer to a wire rack to cool completely.

#### tip

Try using different nuts in the cookies, such as almonds or pistachios.



USE  
UP YOUR  
LEFTOVERS:  
coffee grounds



Recipes adapted from  
*Second Helpings*  
by Sue Quinn  
(£18.99, Quadrille).  
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# olive's top 20 *in 20 mins or less*

Go-to recipes from our sister magazine **olive**  
that are easy, speedy and simply delicious

Homemade  
veggie burgers  
(recipe on p70)





## Homemade veggie burgers

The idea behind these genius allotment vegetarian burgers is that you can grow many of the ingredients yourself, so adapt and simply add what you've got in your garden.

**SERVES 4 | TOTAL TIME 20 MINS | EASY**

½ **aubergine**, sliced  
1 **courgette**, sliced  
1 **red onion**, sliced  
1 **red pepper**, deseeded and cut into 4 pieces  
1 **tblsp oil**  
2 **tsp thyme** leaves  
2 **tomatoes**, deseeded and finely diced  
½ bunch of **basil**, shredded  
2 **tsp red wine vinegar**  
4 **tblsp hummus**  
4 small **ciabatta buns**, toasted  
handful of **rocket**

**1** Heat the oven to 220C/200C fan/gas 7. Toss the aubergine, courgette, red onion and pepper with the oil, the thyme leaves and season. Tip onto a large baking sheet in one layer and roast for 15 mins until softened and starting to char. Peel the skin off the pepper once roasted.  
**2** Toss the tomatoes with the basil and vinegar, and season. Add 1 **tblsp** of hummus to each bun base, then add some rocket. Pile up the roasted vegetables, then add the tomato salsa and the bun tops.

PER SERVING 402 kcals | fat 10.8G  
saturates 1.5G | carbs 56.8G  
fibre 8.2G | protein 15.1G | salt 1.8G



## Courgette frittata

Easy to make and ready in 20 minutes, this vegetarian frittata is the perfect summer lunch. Courgette, spring onions and goat's cheese make for an irresistible flavour combination.

**SERVES 2 | TOTAL TIME 20 MINS | NO COOK | GF**

3 **tblsp olive oil**  
1 **courgette**, sliced  
2 **garlic cloves**, thinly sliced  
large pinch of **chilli flakes**  
4 **eggs**, beaten  
100g **vegetarian goat's cheese**  
1 **spring onion**, thinly sliced  
**leafy green salad**, to serve


**1** Heat the grill. Heat the olive oil in a 20cm ovenproof frying pan and fry the sliced courgette for 4-5 mins over a high heat, or until browned. Add the garlic and chilli flakes, and cook for another minute.  
**2** Lower the heat to medium. Tip in the eggs and season generously. Cook until set around the edges.  
**3** Dot the top with the goat's cheese and slide under the hot grill. Cook until browned on top, then scatter with the spring onion and serve with a leafy green salad.

PER SERVING 468 kcals | fat 39.3G  
saturates 14.1G | carbs 2.5G | sugars 1.8G  
fibre 1.3G | protein 25.4G | salt 1.2G



## Coronation chickpea and apple salad

Swap chicken for chickpeas to transform a lunchtime favourite into a plant-based meal. Refreshing, crunchy and full of flavour, this easy salad recipe is ready in no time.

**SERVES 4 | TOTAL TIME 20 MINS**  
EASY 

4 **spring onions**, chopped  
2 **celery sticks**, sliced on the diagonal

2 **green apples**, cored and diced  
2 **tblsp golden sultanas**  
400g tin **chickpeas**, rinsed and drained  
bunch of **coriander**, chopped  
2 **Little Gem lettuces**, leaves separated  
**CURRY DRESSING**  
2 **tsp curry paste**  
2 **tblsp mango chutney**, roughly chopped if chunky  
3 **tblsp Greek-style yogurt**  
1 **lime**, juiced

**1** Mix together the dressing ingredients until well combined.

**2** Add to the rest of the salad ingredients, except the lettuce leaves (and reserve some coriander for garnishing), and toss with some seasoning. Arrange the lettuce leaves on a plate and pile the salad on top. Finish by sprinkling over the rest of the chopped coriander.

PER SERVING 223 kcals | fat 6.2G  
saturates 2.5G | carbs 30G | sugars 20.7G  
fibre 6.4G | protein 8.6G | salt 0.5G







## Grilled portobellos on toast with brie and pesto

SERVES 2-3 | TOTAL TIME 20 MINS  
NO COOK

**6 portobello mushrooms**  
**olive oil**, for drizzling  
2 slices of **sourdough**, halved  
1 **garlic clove**, halved  
150g **vegetarian brie**, sliced  
4 tbsp fresh **vegetarian pesto**

**1** Heat the grill to high. Put the mushrooms on a baking tray, brush all over with olive oil and season. Grill, turning, until soft and juicy. Keep warm.

**2** Toast the sourdough, then rub with the garlic clove. Top with the mushrooms and brie and briefly flash under the grill to melt. Drizzle over the pesto and serve.

PER SERVING 728 kcals | fat 47.7G  
saturates 17.6G | carbs 42.6G | sugars 9.1G  
fibre 5.7G | protein 29.1G | salt 3G



## Baked feta salad

SERVES 4 | TOTAL TIME 20 MINS  
NO COOK | EASY

2 large **fig leaves** (optional)  
drizzle of **olive oil**, plus extra for the tin  
200g block **vegetarian feta**  
1 tsp **runny honey**  
good pinch of **pul biber chilli flakes**  
1 **oregano** or **thyme sprig**  
8 ripe **figs**  
large handful of **rocket** (or a mix of flat-leaf parsley and spinach)  
30g **flaked almonds**, toasted  
**HONEYED ZA'ATAR DRESSING**  
1 tbsp **runny honey**  
2 tsp **Dijon mustard**  
4 tbsp **olive oil**  
splash of **Tabasco**  
½ **lemon**, juiced (or 2 tbsp of juice)  
2 tsp **za'atar**

**1** Heat the oven to 220C/200C fan/gas 7 and whisk together the dressing ingredients until emulsified.

**2** If you're using the fig leaves, lay these in the base of an oiled roasting tin, then top with the feta (or just put the feta in the middle of the tin on a large piece of foil). Drizzle over the honey and a little olive oil, then scatter over the pul biber. Put the herb sprig on top and either wrap the feta in the fig leaf and secure with a cocktail stick, or wrap loosely in the foil. Bake for 10 mins until softened, then unwrap and bake for 5-10 mins more to caramelise.

**3** Meanwhile, halve the figs and dress the rocket with some of the dressing. Pile the salad onto a platter, then top with the feta and figs. Drizzle with the remaining dressing and garnish with a sprinkling of toasted almonds.

PER SERVING 562 kcals | fat 27.7G  
saturates 8.9G | carbs 58.6G | sugars 58.2G  
fibre 10.8G | protein 14.1G | salt 1.7G





## Roasted courgette, chickpea and lemon salad

Check out this quick and easy vegan salad recipe, with roasted courgettes and crunchy chickpeas tossed in punchy harissa. It's ready in a flash and low in calories, too.

**SERVES 2 | TOTAL TIME 20 MINS**  
**NO COOK** | 

50g **bulgur wheat**  
200g **baby courgettes**, thickly sliced on the diagonal  
2 tbsp **olive oil**

1 **lemon**, juiced  
1 **garlic clove**, crushed  
2 tsp **rose harissa paste**  
400g tin **chickpeas**, rinsed and drained well  
handful of **flat-leaf parsley**, chopped

**1** Heat the oven to 190C/170C fan/gas 5. Put the bulgur wheat in a heatproof bowl and pour over boiling water to cover. Put a plate on top of the bowl and leave for 15 mins, then drain well.

**2** Toss the courgettes with 1 tbsp olive oil and lots of seasoning, then spread out on a non-stick baking tray. Roast for 10-15 mins, or until golden and tender.

**3** Whisk the lemon juice, garlic, the remaining olive oil and the harissa paste in a large bowl. Add the courgettes and any juices from the baking tray, the drained bulgar and the chickpeas, then toss everything together. Add the parsley and toss once again.

PER SERVING 377 kcals | fat 17G  
saturates 2.3G | carbs 35.7G | sugars 2.5G  
fibre 12.9G | protein 13.8G | salt 0.2G







## Curry noodle soup

This light noodle soup is packed full of aromatic flavour. For a vegan version of this recipe, season with salt instead of vegetarian fish sauce, use rice noodles instead of egg ones, and make sure the curry paste is vegan.

**SERVES 4 | TOTAL TIME 20 MINS**  
**NO COOK | EASY**

### spray oil

1 shallot, sliced  
2 tbsp red Thai curry paste  
1 lemongrass stalk, bashed  
200g tin half-fat coconut milk  
1 litre hot vegetable stock  
160g marinated tofu, diced  
100g beansprouts  
3 nests egg noodles, cooked  
1 tbsp vegetarian fish sauce  
2 spring onions, shredded  
Thai basil or coriander leaves, to serve  
lime wedges and chilli slices, to serve

**1** Heat a spray of oil and fry the shallot for a minute, then add the curry paste and fry until fragrant. Add the lemongrass, coconut milk and stock and bring to a simmer. Tip in the tofu, beansprouts and egg noodles to warm though for a few minutes, then season with the fish sauce.  
**2** Divide between four bowls, fishing out the lemongrass. Top with the shredded spring onions, basil or coriander, a squeeze of lime and a few slices of chilli.

PER SERVING 377 kcals | fat 8.1G  
saturates 3.6G | carbs 51.8G  
fibre 4.6G | protein 21.9G | salt 2.7G







## Arancini (Supplì al telefono)

**MAKES 12 | TOTAL TIME 20 MINS | NO COOK | EASY**

400g **cooked risotto**, chilled in the fridge until firm  
 1 ball **mozzarella**, cut into small cubes  
**plain flour**, for dusting  
 2 **eggs**, beaten  
 100g **dried breadcrumbs**

**1** Using dampened hands, mould the risotto into 12 balls, pushing a piece of mozzarella into the middle of each as you shape them. Put the flour, egg and breadcrumbs on separate plates. Roll the balls first in the flour, then in the egg, then coat them with breadcrumbs and chill for 20 mins.

**2** Fill a deep pan no more than a third full with oil and heat until the temperature reaches 180C, or until a piece of bread dropped in the oil turns golden in about 45 seconds. Cook the risotto balls a few at a time for several minutes, turning them carefully, until golden and crisp. Drain on kitchen paper and sprinkle with sea salt to serve.

PER SERVING 142 kcals | fat 8.6G  
 | carbs 11.1G | fibre 0.3G | protein 4.8G  
 salt 0.3G

## Healthy fried rice

Cubes of chewy, golden paneer are tossed through fragrant fried rice for a healthy twist on a classic, flavoured with ginger, garlic, chilli and curry powder.

**SERVES 1 | TOTAL TIME 20 MINS PLUS MARINATING**  
**NO COOK | EASY | **

20g **ginger**, peeled and roughly chopped  
 2 **garlic cloves**, roughly chopped  
 ½ **green chilli**, roughly chopped  
 45g **paneer**, cut into 1cm cubes  
 3 tsp **vegetable oil**  
 250g **cooked brown basmati rice**  
 1 **carrot**, finely diced  
 80g **chestnut mushrooms**, thickly sliced  
 50g **frozen peas**  
 1 **spring onion**, trimmed and finely chopped  
 ½ tsp **mild curry powder**  
 small handful of **coriander leaves**, roughly chopped  
 1 **lime**, juiced

**1** Blitz the ginger, garlic and chilli in a mini food processor until a smooth paste forms, adding 1-2 tsp of water to loosen if needed. Put the paneer in a small bowl along with half the paste and stir to coat. Leave to marinate for 30 mins if you can.

**2** Put a wok over a high heat. Add 1 tsp of the oil and, once shimmering, add the paneer. Cook, stirring frequently for 2-3 mins, or until golden. Transfer to a plate and cover.

**3** Add another 1 tsp of oil to the wok and return to the heat. Add the rice and stir-fry until heated through. Scrape the rice into a bowl. Add the remaining oil to the wok and stir-fry the carrot and mushrooms for 1 minute, then add the peas and spring onion. Stir-fry for a further minute, then add the remaining ginger paste along with the curry powder. Stir-fry for 1 minute.

**4** Add the rice and paneer back into the pan. Toss everything together, then remove from the heat and stir in the coriander and lime juice.

PER SERVING 677 kcals | fat 26.9G  
 saturates 9G | carbs 75.3G | sugars 11.3G  
 fibre 16.4G | protein 25.3G | salt 0.2G









## Mie goreng Indonesian noodles

This deliciously punchy recipe is quick and easy to make, and it's low in calories, too.

**SERVES 2 | TOTAL TIME 20 MINS**  
**NO COOK | EASY**

2 nests **egg noodles**  
1 tbsp **groundnut oil**  
4 **spring onions**, chopped  
1 **garlic clove**, crushed  
4cm piece of **ginger**, peeled and shredded  
2 **carrots**, cut into matchsticks  
200g **greens**, shredded and blanched  
**SAUCE**  
3 tbsp **kecap manis**  
2 tsp **sesame oil**  
¼ tsp **ground white pepper**  
¼ tsp **red chilli flakes**

**1** Cook the noodles in a pan of boiling salted water, then drain and rinse under cold water. Drain again.  
**2** Heat the oil in a pan and cook the spring onions, garlic and ginger for 2 mins. Add the carrots and stir-fry for a minute, then add the greens.  
**3** Mix the sauce ingredients and add to the pan with the cooked noodles. Toss everything together until the noodles are heated through, then serve in warm bowls.

PER SERVING 405 kcs | fat 11G  
saturates 1.9G | carbs 59.5G | sugars 20.6G  
fibre 11.1G | protein 11.4G | salt 1.9G





### One-pot pasta with goat's cheese and spinach

You don't need to boil the pasta in a separate pan for this dish – cooking everything together makes it extra-creamy.

**SERVES 2 | TOTAL TIME 20 MINS  
NO COOK | EASY**

200g **elicoidali** or **penne**  
4 **spring onions**, chopped  
1 **garlic clove**, crushed  
150g **soft vegetarian goat's cheese**  
50g **vegetarian hard cheese**, finely  
grated, plus extra to serve  
700ml **vegetable stock**  
100g **spinach**, chopped

**1** Starting with the pasta, put all the ingredients except the stock and spinach in a large pan. Pour over the vegetable stock and season well. Bring to a simmer and cook for 12-15 mins, stirring now and again, until the pasta is just cooked.

**2** Stir in the spinach until it wilts and serve with extra grated hard cheese.

**PER SERVING** 734 kcals | fat 29.3G  
saturates 18.7G | carbs 74.8G | sugars 6.4G  
fibre 5.5G | protein 40.1G | salt 2.4G



## Posh beans on toast

SERVES 2 | TOTAL TIME 20 MINS  
NO COOK | EASY

1 large **onion**, finely chopped  
1 **garlic clove**, crushed  
knob of **butter**  
1 tbsp **red wine vinegar**  
200g tin **chopped tomatoes**  
400g tin **butter beans**, rinsed and drained  
handful of **flat-leaf parsley** or **basil**,  
leaves roughly chopped  
4 slices of **sourdough**, toasted  
**vegetarian hard cheese**, to  
serve (optional)

**1** Cook the onion and garlic in a large knob of butter until soft. Stir in the vinegar and continue to cook until it evaporates. Add the tomatoes and a splash of water and simmer for 10 mins until thickened. Add the beans and cook until piping hot. Stir in most of the parsley.

**2** Butter the toast and pile on the beans. Top with the rest of the parsley and some grated hard cheese, if you like.

PER SERVING 480 kcals | fat 15.2G  
saturates 8.8G | carbs 62.2G | sugars 14.2G  
fibre 12.7G | protein 17.3G | salt 1.4G





## Thai-style peanut noodle salad with herbs and watermelon

SERVES 2 | TOTAL TIME 20 MINS  
NO COOK | EASY 

125g **dried flat rice noodles**  
10 **cherry tomatoes**  
 $\frac{1}{2}$  **cucumber**, halved lengthways, deseeded then sliced  
2 **spring onions**, thinly sliced  
4 tbsp **roasted peanuts**, roughly chopped  
150g prepared **watermelon flesh**, sliced  
handful of **mint leaves**, large ones torn  
handful of **coriander**, leaves and stalks roughly chopped  
small handful of **Thai basil leaves** (optional)  
**DRESSING**  
3 tbsp **crunchy peanut butter**  
4 tsp **light soy sauce**  
 $1\frac{1}{2}$  tsp **rice vinegar**  
2 **stem ginger balls**, finely diced, plus 2 tsp of syrup from the jar  
1 tsp **sriracha sauce**  
1 **lime**, juiced

**1** Put the dressing ingredients in a small heatproof jug and whisk together with 2-3 tbsp of just-boiled water until you have a smooth, runny dressing.

**2** Bring a pan of water to the boil, then take off the heat and add the rice noodles. Check after 3-4 mins – they should be softened but still have a little bite. Drain well.

**3** Tip the noodles into a large bowl. Use your hands to squash the tomatoes over the bowl, tearing them in half and then adding to the noodles. Add the cucumber, spring onions and most of the peanuts. Drizzle over the dressing with some seasoning and toss until the noodles are well coated.

**4** Tip in the watermelon and gently toss a few more times. Tip onto a platter or into serving bowls. Scatter over the herbs and the remaining nuts.

PER SERVING 660 kcals | fat 29.1G  
saturates 6G | carbs 76.9G | sugars 20.7G  
fibre 6.6G | protein 19.4G | salt 2.5G







## Spinach rarebit with poached eggs

SERVES 2 | TOTAL TIME 15 MINS | NO COOK | EASY

100g **baby spinach**  
 125g **mature cheddar**, grated  
 ½ tsp **English mustard**  
 2 **spring onions**, finely chopped  
 2 dashes of **vegetarian Worcestershire sauce**  
 1 **egg yolk**, plus 2 whole **eggs**, for poaching  
 4 small slices of **sourdough**  
**rocket** and **lemon juice**, to serve

- 1 Put the spinach in a colander and pour over a kettle of just-boiled water to wilt. Cool, then squeeze out as much water as possible and chop (get it as dry as you can, otherwise the rarebit will be soggy).
- 2 Put the cheddar, mustard, spring onions, Worcestershire sauce and egg yolk in a bowl with some seasoning. Add the spinach and mash everything together.
- 3 Poach the remaining 2 eggs in a pan of simmering water.
- 4 Heat the grill to high. Toast the sourdough on both sides, then divide the rarebit mixture between the slices, spreading to cover the bread.
- 5 Grill until golden and bubbling, then top with an egg, lots of black pepper and serve with rocket dressed in lemon juice.

PER SERVING 564 kcs | fat 31.6G  
 saturates 16.2G | carbs 35.9G | sugars 2.6G  
 fibre 2.2G | protein 32.6G | salt 2.4G



## Truffle pasta mafalde

SERVES 4 | TOTAL TIME 20 MINS | NO COOK | EASY

2 tbsp **olive oil**, plus a drizzle  
 1 **lemon**, ½ juiced  
 1 large or 2 small **radicchio**, cut into thin wedges through the stem  
 400g **mafalde** (or other wide pasta)  
 165g jar **vegetarian truffle & artichoke pesto**  
 25g **vegetarian hard cheese**, shaved  
**truffle oil**, to serve (optional)

- 1 Heat the grill to medium-high. Whisk 2 tbsp of oil with the lemon juice and a pinch each of salt and sugar. Toss the radicchio wedges through the dressing to coat. Transfer to a shallow tray, along with the remaining lemon half, cut-side up, and grill for 10-12 mins or until softened and lightly charred, and the stems are tender when pierced.
- 2 Bring a large pan of salted water to the boil and cook the pasta for 8-10 mins or until al dente. Drain, reserving a cupful of the cooking water, then tip the pasta back into the warm pan. Stir in the pesto, season well, and add a splash of the reserved water, if needed, to loosen the sauce and coat the pasta. Fold in the radicchio and divide between warmed bowls or serve on a large platter. Squeeze over some of the charred lemon and cut into wedges to serve alongside. Scatter with the hard cheese shavings and a drizzle of truffle oil, if you like.

PER SERVING 537 kcs | fat 23.8G  
 saturates 4.4G | carbs 60.4G | sugars 1.2G  
 fibre 6.3G | protein 17.2G | salt 1.5G



## Cucumber kefir and falafel salad

Drizzle falafel, avocado and cucumber salad with a kefir, lime and garlic dressing. It's a great way to use up leftover homemade kefir.

SERVES 3 | TOTAL TIME 20 MINS | EASY

### 10-12 ready-made falafels

1 medium **cucumber**

1 **echalion** or 2 round **shallots**, thinly sliced

$\frac{1}{2}$  **avocado**

**pittas**, warmed, to serve (optional)

### DRESSING

150ml **kefir**

2 **limes**, juiced

$\frac{1}{2}$  **garlic clove**, crushed

2 tbsp **extra virgin olive oil**

$\frac{1}{4}$  tsp **caster sugar**

**dill**, chopped to make 1 tbsp, plus extra to serve

small bunch of **mint**, leaves picked and chopped, plus extra to serve

**1** Cook the falafels following pack instructions. Meanwhile, whisk all the dressing ingredients with some seasoning in a large bowl. Halve the cucumber lengthways, then use a teaspoon to scrape out the watery seeds from the middle and discard. Cut both halves into moon-shaped slices and tip into the dressing with the shallots. Toss together.

**2** Divide the salad between plates and scatter over more dill and mint. Stone and dice the avocado and scatter over, followed by some black pepper and the falafels. Eat with warm pittas, if you like.

PER SERVING 360 kcals | fat 24.4G

saturates 4.4G | carbs 23G | sugars 3.9G

fibre 2.1G | protein 11.1G | salt 0.5G





## Paneer and chickpea curry

SERVES 2 | TOTAL TIME 15 MINS  
NO COOK | EASY

1 tbsp **tikka masala paste**  
125g **natural yogurt**  
70g **paneer**, cut into 1cm cubes  
½ tbsp **rapeseed oil**  
1 large **red onion**, thinly sliced  
1 **red pepper**, deseeded and thinly sliced  
400g tin **chickpeas**, drained and rinsed  
5g **coriander leaves**, finely chopped  
10g **mint leaves**, finely chopped, plus extra to garnish  
½ **lemon**, juiced, plus wedges to serve  
¼ tsp **ground cumin**  
2 **wholewheat chapatis**

**1** Combine the curry paste and 2 tbsp of the yogurt in a bowl. Add the paneer and stir to coat. Heat the oil in a non-stick frying pan over a high heat. Cook the onion and pepper, stirring occasionally, for 3 mins until softened. Add the paneer and chickpeas, and cook for 1 minute. Add 50ml of water, bring to a boil, then simmer for a further 2 mins.

**2** Meanwhile, combine the remaining yogurt with the herbs, lemon juice and cumin, then season. Divide the curry between two bowls and serve with the chapatis, mint leaves and lemon wedges to squeeze over.

PER SERVING 600 kcal | fat 22.7G  
saturates 8.9G | carbs 64.1G | sugars 18G  
fibre 13.2G | protein 28.3G | salt 1.4G







## Halloumi wraps

SERVES 4 | TOTAL TIME 20 MINS  
NO COOK | EASY

250g block **vegetarian halloumi**, thinly sliced

4tbsp **Greek-style yogurt**

4 **flatbreads or wraps**

### SALAD

1tbsp **red wine vinegar**

1tbsp **extra virgin olive oil**

½ tsp **dried oregano**

250g **baby plum tomatoes**, sliced

½ **cucumber**, deseeded and chopped

1 **Little Gem lettuce**, chopped

50g **kalamata olives**, drained and halved

½ small bunch of **flat-leaf parsley**, torn

**1** To make the salad, tip the vinegar, oil and oregano into a bowl with some seasoning and whisk together. Tip in the remaining salad ingredients and toss everything well.

**2** Heat a non-stick frying pan and cook the halloumi slices in the dry pan for 1-2 mins on each side until golden. Spread the yogurt on each flatbread and serve with the crispy halloumi and salad.

PER SERVING 499 kJ | fat 26G  
saturates 14.4G | carbs 39.8G | sugars 9.4G  
fibre 4.3G | protein 24.3G | salt 2.7G





## Grilled corn salad with tahini miso dressing

Griddle corn for a charred flavour that complements the sweet cherry tomatoes in this salad. Sprinkle over some crumbled feta and dress in a tahini, miso and maple dressing.

**SERVES 6 | TOTAL TIME 20 MINS | EASY**

**4 corn on the cobs**  
**2 tsp vegetable oil**  
 1 small **red onion**, thinly sliced  
 300g **cherry tomatoes**, halved  
 1 **Little Gem lettuce**, roughly chopped  
 100g **vegetarian feta**, crumbled  
 large handful of **flat-leaf parsley**, finely chopped  
**DRESSING**  
 150g **tahini**  
 1 tbsp grated **ginger**  
 1 large **garlic clove**, grated  
 2 tsp **white miso**  
 1 **lime**, juiced  
 2 tbsp **maple syrup**

**1** Rub the corn on the cobs with the oil and season. Heat a griddle pan over a high heat and, once hot, griddle the corn, turning occasionally for 8-10 mins or until lightly charred.  
**2** While the cobs cook, combine all the ingredients for the dressing. Gradually add about 75ml of hot water until you have a smooth, pourable dressing.  
**3** Leave the cobs to cool slightly before using a sharp knife to shave off the kernels. Discard the cobs and toss the kernels in a large bowl with the onion, tomatoes, lettuce, feta and parsley. Stir through a little of the dressing, then serve on a large platter drizzled with more dressing, leaving the rest on the side.

PER SERVING 288 kcals | fat 20.5G  
 saturates 4.6G | carbs 12.3G | sugars 8.1G  
 fibre 5.2G | protein 11.1G | salt 0.6G

## Apricot jam, goat's cheese and thyme toasties

Ready in just 10 minutes, our sweet and tangy toastie recipe is perfect for a quick and easy weekend brunch.

**SERVES 2 | TOTAL TIME 10 MINS | NO COOK | EASY**

4 slices of **white farmhouse loaf** or **bloomer**  
 4 tbsp **apricot jam**  
 4 tbsp **soft vegetarian goat's cheese**  
 1 **thyme sprig**, leaves picked  
**butter**, softened, for spreading

**1** Make two sandwiches with the bread, jam and cheese, sprinkling the fillings with the thyme.  
**2** Butter the outsides of the bread slices, then fry in a non-stick pan until golden and crisp.

PER SERVING 613 kcals | fat 26.1G  
 saturates 16.9G | carbs 70.3G | sugars 23.1G  
 fibre 3.1G | protein 22.6G | salt 2.1G

**RECIPE KEY** **vegan** **gluten-free\***

\*RECIPES ARE GLUTEN-FREE ACCORDING TO INDUSTRY STANDARDS





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Green  
minestrone,  
p90



# EAT YOUR GREENS

Get your fix of seasonal leafy vegetables with these tasty dishes from food writer **Meni Valle**





Baked frittata  
with greens &  
ricotta, p90





## Green minestrone

*The classic Italian minestrone, but with a twist. Traditionally, minestrone is simmered in a rich tomato broth, but here I maintain a white base and lean heavily on earthy greens and scented herbs, topped with shaved parmesan. Not only is this minestrone nutritious and full of flavour, it's also perfect for using up any green vegetables that might be languishing in the crisper drawer. Replace any of the vegetables here with your favourites.*

**SERVES 4 PREP 20 mins**  
**COOK 20 mins EASY**

80ml olive oil, plus extra for drizzling  
1 onion, diced

2 garlic cloves, finely chopped  
2 spring onions, finely sliced  
2 celery stalks, diced, plus celery leaves, to serve  
1 leek, white and pale green parts only, sliced  
1 potato, roughly chopped  
400g can cannellini beans, drained and rinsed  
150g ditalini (or any tiny pasta)  
1 dried bay leaf  
½ tsp dried oregano  
155g frozen peas  
large handful of greens (such as kale or collard greens), roughly chopped  
small bunch of parsley, leaves picked  
shaved vegetarian hard cheese, to serve

**1** Heat the olive oil in a large saucepan over a medium-high heat and fry the onion for 3-4 mins until

softened. Add the garlic and cook for 2 mins, then add the spring onions, celery, leek and potato, and cook for a further 2 mins.

**2** Add the beans to the pan and cover with 2 litres of cold water. Bring the mixture to the boil and stir in the pasta, then cook until the pasta is al dente. Stir through the bay leaf, oregano, peas and greens, and cook for 5-6 mins until the greens have wilted. Season with salt and pepper.

**3** Divide the soup between four shallow bowls, and top with the parsley, celery leaves and some shaved hard cheese. Finish with an extra drizzle of olive oil and serve.



## Baked frittata with greens & ricotta

*The humble frittata is a canvas for so many flavours, and is a wonderful way to use up leftover vegetables in your fridge.*

**SERVES 4 PREP 15 mins**  
**COOK 35 mins EASY**

80ml olive oil  
3 spring onions, finely sliced  
500g spinach (or a combination of spinach, kale and swiss chard), roughly chopped  
small handful of parsley leaves, roughly chopped, plus extra to serve

small handful of basil leaves, roughly chopped, plus extra to serve  
200g ricotta  
8 eggs  
shaved vegetarian hard cheese, to serve

**1** Heat the oven to 200C/180C fan/gas 6. Heat the olive oil in a large cast-iron frying pan (or other ovenproof frying pan) over a medium heat and fry the spring onions for 4-5 mins until softened. Add the greens and cook for 2 mins, or until they start to wilt. Remove the pan from the heat, add the herbs and stir well to combine everything, then spread the mixture out in an even

layer in the pan, and dot the ricotta over the top.

**2** Whisk the eggs in a bowl and season well with salt and pepper. Pour the egg over the greens and ricotta, then transfer to the oven and bake for 20-25 mins until the top is golden and the egg is set.

**3** Remove the pan from the oven and scatter over a few extra parsley and basil leaves, and a generous amount of shaved hard cheese. Cut into slices and serve.



## Spinach fricassée

*Fricassée, born in France and now a star in many Greek dishes, is traditionally made with chicken or veal, but also works very well with just vegetables. The word 'fricassée' literally means to cut up, fry and braise in a sauce, and in this recipe, I've applied the technique to spinach, courgette and tomatoes.*

**SERVES 4 PREP 15 mins**  
**COOK 35 mins EASY**

80ml olive oil  
1 onion, finely chopped

3 tomatoes, grated  
3 courgettes, sliced into 2cm-thick rounds  
small bunch of dill, fronds picked  
500g spinach, roughly chopped  
1 lemon, zested and juiced  
vegetarian feta and crusty bread, to serve

**1** Heat the olive oil in a large saucepan over a medium heat and fry the onion for 3-4 mins until golden. Tip in the grated tomato and 375ml water, and simmer for 4-5 mins.

**2** Add the courgettes to the tomato sauce, and stir to combine. Add half

the dill and all of the spinach, then cover with a lid, reduce the heat to low and simmer for 15 mins, or until the courgettes are tender.

**3** Season the fricassée with salt and pepper, and scatter the remaining dill over the top. Finish with the lemon zest and juice, and serve with the feta and crusty bread.





Recipes adapted from  
*The Mediterranean*  
Cook by Meni Valle  
(£27, Smith Street  
Books). Photographs  
© Stephanie Stamatis  
and Hugh Davison.  
(Recipes are supplied  
by the publisher and  
not retested by us).



Sweet potato  
katsu, p94



# Friday night vegan

Get set for the weekend with food writers **Roxy Pope's** and **Ben Pook's** plant-based meal ideas, inspired by a host of global flavours





Pulled aubergine  
bánh mì, p94





## Cabbage tahini noodles

*We try to use up whatever noodles we have lying around in the cupboard – wholewheat, soba or udon will all do fine. This speedy meal is perfect for when you're struggling for time. Sometimes we add fried tofu – cooked separately – for extra protein.*

**SERVES 3-4 PREP 5 mins COOK 8 mins EASY VE**

sesame oil, for frying  
500g white cabbage, finely sliced  
2 large carrots, sliced into matchsticks  
4 garlic cloves, finely sliced  
150g wheat noodles  
1½ limes, juiced  
3 tbsp dark soy sauce  
4 tbsp tahini  
1 tbsp maple syrup  
3 spring onions, sliced lengthways

**1** Heat a generous drizzle of sesame oil in a frying pan or wok over a high heat and, once hot, fry the cabbage and carrots for 3 mins, then add the garlic and fry for 2 mins.

**2** Meanwhile, cook the noodles following pack instructions and drain a minute before they're ready, reserving some of the cooking water.

**3** In a small bowl, combine the lime juice, soy sauce, tahini and maple syrup with 2 tbsp of the reserved cooking water to make a smooth sauce (you may need to add more of the water if your tahini is thick).

**4** Transfer the cooked noodles to the frying pan, then add the tahini sauce and spring onions. Stir to combine, and serve with an extra drizzle of sesame oil.

## Sweet potato katsu

*Katsu curry is one of those meals it's easy to get excited about. However, it can sometimes be quite complicated to cook at home, so for this simplified version, we roast slices of sweet potato and serve them with a homemade katsu sauce, fluffy rice and a crunchy panko crumb.*

**SERVES 4 PREP 8 mins  
COOK 25 mins EASY VE**

600g sweet potatoes, cut into 1cm-thick slices  
vegetable oil, for drizzling and frying  
250g jasmine rice  
1 onion, chopped  
2 carrots, chopped  
6 garlic cloves, chopped  
1 tbsp medium curry powder  
400ml can coconut milk  
1 tbsp maple syrup  
40g panko breadcrumbs  
2 spring onions, finely sliced

**1** Heat the oven to 220C/200C fan/gas 7 and line a large baking tray with baking parchment. Put the sweet potatoes on the tray, drizzle over some oil and season with salt and pepper. Toss, then roast for 20-25 mins until soft.

**2** Meanwhile, cook the rice following pack instructions. While the rice is cooking, heat a drizzle of oil in a frying pan over a medium heat and fry the onion, carrots and two-thirds of the garlic for 8 mins, then add the curry powder and a pinch of salt and fry for 1 min more. Stir in the coconut milk and maple syrup, and simmer for 5 mins, then remove from the heat and blitz with a hand blender until you have a smooth consistency.

**3** Drizzle a little oil into a separate frying pan and add the remaining garlic, the panko and some salt and pepper. Fry for 3 mins until the panko is golden, stirring continuously to prevent burning.

**4** To serve, put a portion of rice on each plate, along with some katsu sauce and sweet potato. Sprinkle over the toasted panko and finish with the spring onions.

## Pulled aubergine bánh mì

*When an aubergine is roasted, the flesh becomes soft and creamy – ready to 'pull' into shreds and add to our favourite meals, like this Vietnamese-inspired sandwich. It's a great way to impress friends, who think this decadent fruit is only ever rubbery and bitter.*

**SERVES 2 PREP 10 mins  
COOK 40 mins EASY VE**

2 aubergines  
vegetable oil, for drizzling  
1 tbsp dark soy sauce  
3 tbsp hoisin sauce  
2 garlic cloves, finely chopped  
1 carrot, thinly sliced  
½ cucumber, thinly sliced  
½ lime, juiced  
½ tsp caster sugar  
2 tbsp vegan mayonnaise  
½ tbsp sriracha sauce  
2 demi baguettes  
handful of coriander, leaves picked

**1** Heat the oven to 220C/200C fan/gas 7 and line a baking tray with baking parchment. Slice the aubergines in half lengthways, then criss-cross the flesh side with a sharp knife. Put on the baking tray, drizzle with oil and roast for 20-25 mins, or until very soft.

**2** Use a fork to 'pull' the flesh from each aubergine half into shreds, discarding the skins. Return the pulled aubergine to the baking tray, then stir in the soy sauce, hoisin sauce and garlic, and drizzle over a little more oil. Spread the aubergine out on the tray and roast for another 15 mins.

**3** Meanwhile, combine the carrot, cucumber, lime juice and sugar in a small bowl. Combine the mayonnaise and sriracha in a separate small bowl.

**4** To build the bánh mì, slice the baguettes in half lengthways and fill with the carrot and cucumber salad, then divide the pulled aubergine between the two sandwiches and finish with coriander leaves and a drizzle of the sriracha mayonnaise.





### Maple & ginger baked plums

*We love to pair these spiced baked plums with vegan crème fraîche, which you should be able to find at most large supermarkets – but, vegan yogurt is a worthy substitute.*

**SERVES 4 PREP 3 mins  
COOK 20 mins EASY VE**

4 large ripe plums  
½ tsp ground ginger  
1 large orange, juiced  
3 tbsp maple syrup  
2 tbsp almond flakes  
8 tbsp vegan crème fraîche

**1** Heat the oven to 220C/200C fan/gas 7. Slice the plums in half, then remove and discard the stones. Put the plum halves into a deep baking dish and sprinkle over the ginger. Drizzle over the juice from the orange, 2 tbsp of the maple syrup and 4 tbsp water. Bake for 15–20 mins until the plums are softened but still holding their shape.

**2** Remove the dish from the oven, sprinkle over the almond flakes and bake for 5 mins more.

**3** Meanwhile, combine the crème fraîche with the remaining



maple syrup in a small bowl. Divide the plums between four bowls, then top with the crème fraîche and drizzle over any sticky sauce that's left in the baking dish.



Recipes adapted from *So Vegan: Easy* by Roxy Pope and Ben Pook (£22, Michael Joseph). Photographs © Yuki Sugiura.

(Recipes are supplied by the publisher and not retested by us).







# *Weekend winners*

Easy dishes that are sure to please from food writer Nicky Corbishley



## Spicy bean tacos with feta

At three apiece, these tacos make a filling and comforting dinner. Marinated onions add a lip-smackingly tasty tang, and the watercress brings sweetness. Add more sriracha to the beans if you like it spicy.

**SERVES 4 PREP 15 mins**

**COOK 15 mins EASY**

400g can cannellini beans, drained and rinsed  
400g can kidney beans, drained and rinsed  
300ml passata  
1 tsp smoked paprika  
½ tsp garlic powder  
⅓ tsp white pepper  
1 tbsp sugar  
1 tbsp sriracha

### For the marinated onions

1 red onion, thinly sliced  
2 tbsp red wine vinegar  
6 tbsp olive oil  
1 tsp dried oregano

### To serve

12 soft tacos or small wheat tortillas, warmed  
1 avocado, peeled, halved, stoned and diced  
200g vegetarian feta, crumbled  
30g watercress

**1** For the marinated onions, put the sliced onion in a small non-metallic bowl. Sprinkle over ¼ tsp salt and pour over the vinegar. Set aside for 15 mins, stirring a couple of times.

**2** Put the cannellini and kidney beans in a saucepan along with the passata, paprika, garlic powder, salt, white pepper, sugar and sriracha. Stir, then cook over a medium heat for 10-12 mins, stirring often and gently squashing the beans with a fork a few times. Turn off the heat.

**3** Add the olive oil and oregano to the lightly pickled onions, and stir together.

**4** To assemble the tacos, put the warmed tacos on plates and spoon the bean mixture into the middles. Sprinkle over the avocado and feta, then top with the onions and watercress. Serve immediately. You can also drizzle on a little of the leftover marinade, if you like.

## tip

I add salt and vinegar to the onions first so the tangy flavour develops fast, then the oil and oregano. If you're marinating ahead, add all the ingredients at once. The flavour will develop in 3-4 hrs and the onions will keep covered at room temperature for up to three days.



## Spicy fried eggs with garlic & chilli oil

*This recipe started out as a take on Turkish eggs, which I've adapted over time. It's really easy to throw together and it's what I make when I'm craving something quick and spicy. I love to dip toasted flatbreads or warmed pitta into the runny egg yolks and yogurt, then spoon on some of the salty-spicy spring onions and crispy onions.*

**SERVES 2 PREP 5 mins**

**COOK 6 mins EASY**

2 tbsp oil  
4 medium eggs  
4 spring onions, finely sliced  
2 garlic cloves, crushed  
1 red chilli, sliced  
¼ tsp ground white pepper  
1 tbsp light soy sauce  
2 tbsp vegetarian oyster sauce  
4 tbsp thick natural yogurt  
3 tbsp crispy fried onions

### To serve

1 tbsp chilli oil  
½ tsp chilli flakes  
1 tbsp sesame seeds  
rice or toasted flatbreads (optional)

**1** Heat the oil in a large frying pan over a medium-high heat and, once hot, carefully crack in the eggs, evenly spaced apart with a gap between each. Cook for 2 mins until the whites are cooked at the edges, but not quite done near the yolk.

**2** Reduce the heat to medium. Scatter the spring onions, garlic, chilli and white pepper between the eggs and move them around with a spatula for 1 min. Mix the soy sauce, oyster sauce and 2 tbsp of water together, and pour this over the spring onions, stirring to coat.

**3** Spoon four blobs of yogurt into the pan and swirl into the spring onions slightly, without mixing it in – you want four separate areas of yogurt. Cook for 1 min until the yogurt is slightly warmed through (it doesn't need to be hot), the spring onions are tender and the egg whites are cooked (the yolks should still be runny). Turn off the heat and sprinkle over the crispy onions.

**4** Serve the eggs topped with a drizzle of chilli oil and a sprinkling of chilli flakes and sesame seeds. Eat on their own or serve over rice, or with some flatbreads for dipping in the egg.





## Sesame cauliflower

*We're frying the cauliflower first to give it a slight charred flavour, then it's cooked for a few minutes in stock and the rest of the sauce ingredients to make it tender, but with a bit of crunch. I like to serve it topped with plenty of sesame seeds and lots of fluffy boiled rice.*

**SERVES 4 PREP 10 mins**

**COOK 15 mins EASY**

**600-650g cauliflower florets (about 1 extra-large cauliflower)**

**2 tbsp sesame oil**

**120ml vegetable stock**

**3 garlic cloves, crushed**

**1 tbsp white wine vinegar**

**2 tbsp honey**

**2 tbsp sweet chilli sauce**

**3 tbsp tomato ketchup**

**2 tbsp light brown soft sugar**

**2 tbsp dark soy sauce**

**½ tbsp cornflour, mixed with 2 tbsp cold water**

### To serve

**boiled or fried rice**

**2 tsp mixed black and white sesame seeds**

**2 spring onions, sliced**

**1** Break the cauliflower florets into bite-size pieces. Heat the sesame oil in a wok over a medium heat and, once hot, stir-fry the cauliflower and some salt and pepper for 5 mins until the cauliflower is starting to brown at the edges.

**2** Add the stock, turn up the heat to high and continue to cook, tossing the cauliflower regularly, for 3 mins.

**3** Add the garlic, vinegar, honey, sweet chilli sauce, ketchup, sugar and soy sauce, and stir together. Bring to the boil, reduce the heat to medium and simmer, stirring often, for 5 mins.

**4** Push the cauliflower to one side of the wok, and stir in the cornflour and water mixture to thicken the sauce. Cook for another minute, then turn off the heat.

**5** Serve the sesame cauliflower with rice, topped with the sesame seeds and spring onions.





## Ravioli in garlic lemon sauce

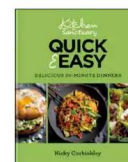
*This is one of my favourite ways to seriously up the game on ready-made ravioli. There's no need to boil the ravioli separately, as it cooks in its sauce, so it makes a really quick meal that only uses one pan.*

**SERVES 4 PREP 5 mins**

**COOK 15 mins EASY**


2 tbsp olive oil  
3 garlic cloves, finely sliced  
500g fresh ravioli  
60ml white wine  
240ml vegetable stock  
2 tbsp lemon juice  
4 tbsp double cream  
50g vegetarian hard cheese, finely grated, plus extra to serve  
65g rocket

- 1 Heat the oil in a large frying pan over a low heat and fry the garlic,  $\frac{1}{4}$  tsp each salt and some freshly ground pepper for 4-5 mins until the garlic softens. Stir in the fresh ravioli, then turn up the heat to medium-high.
- 2 Add the wine and let it bubble for 1 min, then add the stock and lemon juice. Stir, then simmer for 3-4 mins, stirring occasionally.
- 3 Carefully stir in the cream and cheese, and cook for a further 1-2 mins, stirring often until the ravioli is piping hot throughout (you can check this by slicing into one of the pieces of ravioli). Turn off the heat and stir in the rocket – it should wilt slightly.
- 4 Divide between bowls and top with some black pepper and a little more finely grated cheese.



Recipes adapted from Kitchen Sanctuary: Quick & Easy by Nicky Corbishley (£22, Kyle Books). Photographs © Nicky Corbishley. (Recipes are supplied by the publisher and not retested by us).





Rosemary  
fried potatoes,  
p102

Lentils with spring  
greens & watercress  
walnut pesto, p102



# *Sunday lunch*

Delight the family with this summery alternative to a traditional roast

Purple sprouting  
broccoli with  
vinaigrette, p102



## Lentils with spring greens & watercress walnut pesto

*Bursting with fresh vegetables, this nutritious main delivers an impressive four of your five-a-day.*

**SERVES** 4-6 **PREP** 25 mins

**COOK** 40 mins **EASY**

300g green lentils (puy or speckled)  
2 tbsp olive oil  
2 carrots, trimmed and roughly chopped  
4 small banana shallots or 2 small onions, cut into quarters  
1 vegetable stock cube  
100g tomato purée  
300g spring greens or hispi cabbage, core removed, cut into rough 3-5cm sections

### For the pesto

150g watercress  
150g walnuts  
50g vegetarian hard cheese, grated  
150g extra virgin olive oil  
1-2 lemons, zested and juiced

**1** Make the pesto by combining all the ingredients in a blender or food processor, and blitzing until a coarse sauce is formed. *This is more than you may need – will keep covered in the fridge beneath a thin layer of olive oil for up to a week.*

**2** Put the lentils in a medium saucepan and cover with water. Bring to the boil over a medium heat and cook for 20 mins until almost tender.

**3** Meanwhile, heat the olive oil in a saucepan over a medium-low heat and cook the carrots and shallots for 15-20 mins until starting to caramelise and soften. Drain the lentils and add these to the carrots and shallots. Crumble in the stock cube. Add the tomato purée, stir and pour in 500ml water.

**4** Bring to a simmer and, once bubbling, cook for 10 mins. The lentils should be tender. If not, continue to cook and top up with water as needed. The lentils should be saucy, but not watery.

**5** Stir through the spring greens to wilt, about 2-3 mins (you will want some texture). Serve with the pesto.

**PER SERVING** (6) 461 kcal • fat 29g • saturates 5g • carbs 26g • sugars 7g • fibre 12g • protein 14g • salt 0.4g



## Rosemary fried potatoes

**SERVES** 4 as a side **PREP** 5 mins plus cooling **COOK** 45 mins **EASY** **VE**

600g unpeeled potatoes (such as Maris Piper, King Edward or Désirée)  
60ml olive oil  
15g rosemary (about 3 sprigs), needles picked and finely chopped

**1** Cook the potatoes in a large pan of boiling salted water for 15-20 mins until tender when pierced – they should slide off the knife when lifted. Drain and spread out on a tray to cool for about 20 mins. *These can be cooked ahead and kept in the fridge until you're ready to use them. Will keep chilled for up to a day.*

**2** Cut the potatoes into roughly 2cm cubes. Heat the oil in a large frying pan over a medium-high heat and cook in a single layer for about 8 mins, undisturbed, until a golden crust forms. Once the potatoes come away from the pan when nudged with a spatula, turn and cook for a further 8-10 mins, tossing or flipping a few at a time until golden all over.

**3** Add the rosemary and cook for a further 5 mins. Season well with sea salt and serve.

**PER SERVING** 244 kcal • fat 15g • saturates 2g • carbs 23g • sugars 1g • fibre 3g • protein 2g • salt none



## Purple sprouting broccoli with vinaigrette

**SERVES** 4 as a side **PREP** 10 mins **COOK** 6 mins **EASY**

350g purple sprouting broccoli (or use other broccoli or romesco cauliflower)

### For the dressing

1 heaped tbsp Dijon mustard  
1 tsp honey  
1-2 tbsp capers  
3 tbsp extra virgin olive oil  
10g parsley, finely chopped, plus 2 tbsp to garnish

**1** Bring a large pan of salted water to the boil over a medium-high heat. Trim away any dry ends from the broccoli and cut the large stalks in half so they are all a similar size. Boil for 4-6 mins until a knife easily pierces through the stalks.

**2** Combine the dressing ingredients in a large bowl with a pinch of salt and a few grinds of black pepper. Taste – it should be slightly over-seasoned and punchy, as the broccoli will absorb the dressing along with the seasoning. Drain the broccoli well and add to the dressing. Toss to evenly coat.

**PER SERVING** 126 kcal • fat 9g • saturates 1g • carbs 5g • sugars 4g • fibre 3g • protein 4g • salt 0.7g









Marinated  
tomato salad,  
p106

# Seasonal salads

Make the most of vibrant summer  
produce, including tomatoes,  
aubergines and courgettes



## Sticky aubergine & tomato salad

*Perfect as a side to a barbecue or part of a picnic spread.*

**SERVES 4** **PREP** 15 mins plus marinating **COOK** 30 mins **EASY**

2 aubergines (about 450g),  
quartered lengthways  
2½ tbsp vegetable oil  
500g heritage tomatoes, chopped  
into chunks  
1 small red onion, thinly sliced  
2 tbsp rice vinegar  
2 tbsp extra virgin olive oil  
20g bunch of coriander,  
finely chopped  
**For the dressing**  
60ml rice vinegar  
30ml soy sauce  
30ml honey  
2 large garlic cloves, finely grated

**1** Heat the grill to medium-high. Put the dressing ingredients in a small saucepan and bring to a simmer over a medium-high heat. Reduce the heat to medium-low and simmer for 2 mins, then remove from the heat and set aside.

**2** Heat the grill to high. Season the aubergine pieces with salt and pepper, and brush over the vegetable oil. Arrange in a single layer on a baking tray and grill for 10 mins until dark golden brown and beginning to blacken.

**3** Heat the oven to 200C/180C fan/gas 6. Put 4 tbsp of the dressing in a small bowl and set aside. Brush a third of the remaining dressing over the aubergine pieces and roast for 5 mins. Repeat with another third of the dressing and roast for 5 mins more. Brush over the rest of the dressing and roast for another 5 mins, then leave to cool.

**4** Put the tomatoes in a bowl with the red onion, rice vinegar, olive oil, reserved 4 tbsp dressing and half the coriander, then season with salt and pepper and toss to coat. Leave to stand for 10 mins.

**5** To serve, arrange the tomato salad on a platter, top with the sticky aubergine pieces and scatter over the remaining coriander.

PER SERVING 226 kcal • fat 13g • saturates 1g •  
carbs 22g • sugars 19g • fibre 5g • protein 3g •  
salt 1.2g







## Wedge salad with soy seeds & pickled dill cucumbers

*The salty, umami-heavy soy seeds provide crunch to this salad, along with the quick pickled cucumbers.*

**SERVES 4** **PREP** 15 mins plus pickling  
**COOK** 5 mins **EASY**

75ml white wine vinegar  
1 tbsp caster sugar  
¼ tsp ground turmeric  
1 tsp finely chopped dill  
1 large cucumber, thinly sliced into 1-2mm-thick rounds  
1 iceberg lettuce, halved through the core, each half cut into 5 wedges

### For the seeds

75g mixed seeds  
1 tsp caster sugar  
1 tbsp light soy sauce

### For the dressing

100ml buttermilk  
3 tbsp Greek-style yogurt  
½ tsp Dijon mustard  
1 small garlic clove, finely grated  
1 tbsp finely chopped dill  
2 tbsp liquid from the pickled cucumbers (see step 1)

**1** Combine the vinegar, sugar, turmeric, dill and ½ tsp sea salt in a medium non-metallic bowl, whisking to dissolve the sugar and salt. Add the cucumber slices, mix well and leave to pickle for 10 mins. Check the cucumber slices are still submerged and, if not, weigh down with a plate. Leave to pickle for a further 30 mins.

**2** Toast the seeds in a dry, heavy-based pan over a medium heat for 4-5 mins, shuffling the pan often until the seeds begin to colour and pop. Add the sugar, then stir, turn off the heat, mix in the soy sauce and pour out onto a large plate to cool. Break up any clumps using a fork and put in an airtight container until needed. *Will keep for up to a week.* Combine all the dressing ingredients in a bowl or jug, and season well.

**3** Arrange the lettuce wedges in a serving bowl and spoon over half the dressing. Scatter over the pickled cucumbers, then spoon over the rest of the dressing and the seeds.

**PER SERVING** 208 kcal • fat 13g • saturates 4g • carbs 12g • sugars 9g • fibre 4g • protein 9g • salt 1g



## Marinated tomato salad

*Serve juicy heritage tomatoes and creamy ricotta in a zingy dressing of garlic, ginger and chilli.*

**SERVES 4** **PREP** 10 mins plus cooling and marinating **COOK** 5 mins **EASY**

500g heritage tomatoes, chopped into equal-sized pieces  
250g ricotta  
1 lemon, zested  
½ bunch of chives (about 10g), finely chopped

### For the dressing

4 tbsp vegetable oil  
15g chopped mixed nuts  
2 large garlic cloves, finely grated  
5g ginger, peeled and grated  
1 tsp chilli flakes  
2 tbsp rice vinegar  
2 tbsp soy sauce  
1 tbsp sugar

**1** To make the dressing, heat the oil in a small saucepan over a medium heat and fry the mixed nuts for 2 mins until golden. Stir in the garlic, ginger and chilli flakes, and cook for 1 min more.

**2** Remove the pan from the heat and carefully add the rice vinegar, soy sauce and sugar, stirring to combine. Leave to cool for 15 mins.

**3** Put the tomatoes in a large non-metallic bowl with half the dressing. Season, then toss to coat. Leave to marinate for at least 30 mins, or up to 1 hr.

**4** Just before serving, tip the ricotta and lemon zest into a bowl. Season with salt and pepper and whisk for 1 min, or until smooth and creamy.

**5** Spread the whipped ricotta over a large plate. Spoon over the tomatoes, discarding any excess marinade, then top with the chives and reserved dressing.

**PER SERVING** 281 kcal • fat 20g • saturates 5g • carbs 16g • sugars 14g • fibre 2g • protein 8g • salt 1.2g





### Herby courgette & white bean salad

*Shine a spotlight on courgette, flavoured with a mustard dressing.*

**SERVES 4 PREP 10 mins**  
**NO COOK EASY**

2 medium courgettes  
400g ripe tomatoes, quartered or cut into bite-sized pieces  
400g can white beans (such as cannellini or haricot), drained and rinsed  
60g salad leaves (such as watercress or rocket)

large handful of mint leaves, roughly chopped  
¼ small bunch of chives, roughly chopped  
30g vegetarian hard cheese shavings

#### **For the dressing**

3 tbsp extra virgin olive oil  
1 tbsp white wine vinegar  
1 tsp honey  
¼ small bunch of chives, roughly chopped  
1 tsp Dijon mustard

**1** To make the dressing, whisk the ingredients together with a good pinch each of salt and freshly ground

black pepper, or shake together in a jar until emulsified.

**2** Trim the courgettes, then cut into long ribbons using a vegetable peeler. Tip into a large bowl with the tomatoes, beans, salad leaves and herbs, and toss everything together using your hands to combine.

**3** Drizzle over the dressing and scatter over the cheese shavings, toss again and tip into a salad bowl or onto a platter to serve.

PER SERVING 221 kcals • fat 12g • saturates 3g • carbs 16g • sugars 7g • fibre 6g • protein 10g • salt 0.4g



# NEXT LEVEL cheese soufflé

A light and airy bake with a hit of chilli





## Cheese soufflé

*Impress dinner guests with our best ever cheese soufflé. We've updated this rich dinner party classic by boosting its flavour with cheese, herbs and a dash of cayenne.*

**SERVES 4** **PREP** 15 mins

**COOK** 40 mins **MORE EFFORT**

400ml whole milk  
½ onion  
small bunch of thyme  
75g unsalted butter  
30g vegetarian hard cheese, grated  
50g plain flour  
1 tsp mustard powder  
large pinch of cayenne  
1 tsp yeast extract (optional)  
100g extra mature cheddar, grated  
4 eggs, plus 1 egg white  
50g vegetarian goat's cheese,  
crumbled into small chunks  
watercress salad, to serve

**1** Tip the milk into a large saucepan with the onion halves, thyme and a few cracked black peppercorns. Bring to the boil, then turn off the heat, leave to cool and strain into a jug. Melt the butter in a large saucepan. Brush about a third of it over the inside of a 16cm soufflé dish, then sprinkle over the hard cheese to completely coat the dish.

**2** Continue to cook the remaining melted butter over a medium heat until it turns nutty brown. Use a wooden spoon to stir in the flour, mustard powder and cayenne. Cook, stirring, for 1 min until you have a sandy paste, then gradually pour in the milk, mixing it thoroughly before adding more. Once all the milk has been added, cook over a low heat, stirring continuously, for 10 mins until thick. Add the yeast extract, if using, and the cheddar, and stir until melted. Season well. Tip into a bowl and set aside to cool.

**3** Heat the oven to 210C/190C fan/gas 7 with a baking sheet inside.

Separate the egg whites and yolks, putting the whites into a clean bowl and stirring four of the yolks into the sauce. (You can use the remaining egg yolk in another recipe.) Stir the goat's cheese into the cooled sauce.

**4** Use an electric or large balloon whisk to beat the egg whites until they just hold their shape. Use a large metal spoon to stir a spoonful of the beaten egg whites into the sauce, then gently fold in the rest, trying to keep in as much volume as you can.

**5** Spoon the mixture into the prepared dish. Run a cutlery knife around the edge to create a 'top hat' effect – this ensures the soufflé will rise above the rim without sticking. Put the dish on the hot baking tray and bake for 25-30 mins until it has risen with a slight wobble, and the top has turned deep golden. Serve immediately with a watercress salad, if you like.

**PER SERVING** 501 kcal • fat 38g • saturates 22g •  
carbs 15g • sugars 4g • fibre 1g • protein 24g •  
salt 1.5g





# Pretty in pink

Say cheers with these picture-perfect, refreshing rosy tipples

## Cosmonaut

*Use just three ingredients – gin, raspberry jam and lemon juice – to make this vibrant cocktail, inspired by a classic cosmopolitan.*

**SERVES 1 PREP 5 mins EASY VE**

2 tbsp raspberry jam  
50ml gin  
1 tbsp lemon juice  
ice

**1** Stir the jam to loosen, then tip into a cocktail shaker with the gin, lemon juice and a handful of ice.

**2** Shake until the outside of the shaker feels cold. Strain into a chilled glass and serve.

**PER SERVING** 192 kcals • fat none • saturates none •  
carbs 20g • sugars 20g • fibre none • protein 0.2g •  
salt none



## Pink negroni

*Go crazy for all things pink with this fabulous cocktail flavoured with pink gin, rose vermouth and Aperol. A wedge of grapefruit and some basil are the perfect finishing touch.*

**SERVES 1 PREP 5 mins EASY**

35ml pink gin  
25ml rose or sweet white vermouth  
15ml Aperol  
ice  
pink grapefruit wedge and a basil leaf,  
to garnish

**1** Combine the gin, vermouth and Aperol in a tumbler with a small handful of ice. Stir until the outside of the glass feels cold.

**2** Garnish with a wedge of pink grapefruit and a basil leaf.

**PER SERVING** 140 kcals • fat none • saturates none •  
carbs 9g • sugars 8g • fibre 2g • protein 1g • salt none



## Strawberry & elderflower rosé punch

*A refreshingly light blend of chilled sparkling rosé, sweet berries and fragrant elderflower.*

**SERVES 6 PREP 10 mins EASY**

400g strawberries, hulled and halved  
200ml elderflower liqueur  
ice  
750ml cold sparkling rosé  
250ml soda water

**1** Tip half the strawberries and the elderflower liqueur into a measuring jug, and smash using a cocktail muddler or the end of a rolling pin until the strawberries are fully crushed and have released their juice. Strain through a fine sieve into a large, clean jug filled with ice.

**2** Stir in the rosé, soda water and remaining strawberries, then pour into glasses to serve.

**PER SERVING** 223 kcs • fat 0.2g • saturates none • carbs 14g • sugars 14g • fibre 2g • protein 0.4g • salt none





# FRUITY FROZEN PUDS

Keep your cool with these make-ahead desserts – they're just the thing to cool you down on a hot summer's day

## Neapolitan frozen cheesecake

*Wow guests with our summery frozen cheesecake, which has a crunchy bourbon biscuit base, plus maraschino cherries and sprinkles.*

**SERVES 12** **PREP** 45 mins plus  
chilling and at least 3 hrs freezing  
**NO COOK EASY** ✨

sunflower or vegetable oil, for the tin  
250g bourbon biscuits  
100g butter, melted  
800g full-fat soft cheese  
400ml double cream  
250g icing sugar  
3 tsp vanilla extract  
drop of pink food colouring gel  
12 maraschino cherries and sprinkles,  
to serve

**1** Lightly oil a deep 20cm loose-bottomed cake tin and line the sides with baking parchment. Tip the biscuits into a food processor and blitz to a powder, then add the melted

butter and blitz again to combine. Alternatively, bash the biscuits in a large bowl using the end of a rolling pin, then mix in the butter. Tip the buttery crumbs into the prepared tin and firmly press down with a spoon to make an even base. Leave to chill in the freezer for 10 mins while you make the filling.

**2** Combine the soft cheese, 200ml of the cream, 200g of the sugar and the vanilla extract in a bowl using an electric whisk. Beat for 2-3 mins until the mixture has a thick, spreadable consistency. Divide between two bowls and stir a drop of pink food colouring into one until it is an even shade of pink. Put the pink cheesecake mixture in the fridge, then scrape the plain mixture into the tin, spreading it gently to the edges and levelling the surface. Freeze for at least 1 hr, or up to a day.  
**3** Stir the pink cheesecake mix, then pour it over the set plain layer and freeze for 2 hrs, or until ready to serve. *Will keep frozen for a month.*

**4** Remove the cheesecake from the freezer 30 mins before serving. After 10 mins, you should be able to slide a fish slice between the biscuit base and the tin, and carefully lift the cheesecake onto a plate or cake stand, removing the parchment. Whisk the remaining 200ml cream and remaining 50g icing sugar to soft peaks, then transfer to a piping bag fitted with a large star nozzle and pipe 12 rosettes around the edge of the cheesecake. Top each with a cherry and a pinch of sprinkles. You can serve the cheesecake completely defrosted as well as slightly frozen – it will hold its shape well. *Will keep chilled for up to two days.*

**PER SERVING** 583 kJals • fat 45g • saturates 29g •  
carbs 37g • sugars 28g • fibre 1g • protein 5g • salt 0.7g









## Tres leches ice cream with lime-macerated strawberries

*Serve our creamy ice cream with lime-macerated strawberries as a light, refreshing dessert. You could also add crumbled digestive biscuits to give it some crunch.*

**SERVES 4** **PREP** 20 mins plus at least 6 hrs chilling **NO COOK**  
**EASY** ✨ ice cream only

150ml double cream  
1 tsp vanilla extract  
350ml evaporated milk  
350ml condensed milk

### For the strawberries

230g strawberries, hulled and sliced  
1 lime, zested and juiced  
3 tbsp icing sugar

**1** Pour the double cream into a large bowl and add the vanilla extract. Whip to soft peaks using an electric whisk for about 2-3 mins. Set aside. Pour the evaporated milk into a different bowl and whisk until slightly thickened. Pour the condensed milk over the evaporated milk and fold it in. Gently fold in the double cream mixture, then pour into a 3-litre lidded container or loaf tin. Freeze for at least 6 hrs or overnight. *Will keep frozen for two months.*

**2** When the ice cream is set, make the lime-macerated strawberries. Put the strawberries in a large bowl along with the lime zest, juice and icing sugar, and mix together well. Leave for a few minutes before serving with the ice cream.

**PER SERVING** 675 kcals • fat 36g • saturates 22g • carbs 72g • sugars 72g • fibre 2g • protein 14g • salt 0.6g

## Classic arctic roll

*Step back in time with this retro frozen dessert of vanilla ice cream wrapped in a light sponge cake and homemade strawberry jam – it's sure to please all the family.*

**SERVES 6-8** **PREP** 35 mins plus 3 hrs 30 mins freezing and cooling **COOK** 15 mins **MORE EFFORT** ✨

### For the ice cream

2 eggs, separated  
50g icing sugar  
1 vanilla pod, seeds scraped  
150ml double cream

### For the jam

200g strawberries, hulled and quartered, plus extra to decorate  
½ lemon, juiced  
200g golden caster sugar

### For the sponge

knob of butter, for the tin  
3 eggs  
100g golden caster sugar, plus extra for sprinkling  
100g plain flour  
½ tsp baking powder  
¼ tsp vanilla extract

**1** To make the ice cream, whisk the egg whites with an electric whisk until stiff. In a separate bowl, whisk the yolks, icing sugar and vanilla seeds until pale and fluffy. In a third bowl, whip the cream until it's holding its shape.

**2** Line a 900g loaf tin with a large sheet of baking parchment, leaving the excess hanging over the sides. Fold the yolk mixture into the cream, then fold in the egg whites. Pour into the tin and freeze for 2 hrs until set but soft.

**3** Remove the ice cream from the tin and use a spatula to shape it into a rough sausage shape. Using the parchment for help, roll the mixture tightly together into a cylinder about 35cm in length. Twist the ends of the parchment like a cracker and return to the freezer for a further hour.

**4** To make the jam, first put a saucer in the freezer. Put the strawberries, lemon juice and sugar in a heavy-based pan over a high heat and bring to the boil, stirring occasionally. Boil rapidly for 5 mins, then remove from the heat.

**5** Put ¼ tsp jam onto the cold saucer – if it wrinkles when pushed with your finger, it's ready. If it's still runny, return to the heat and boil for another 2-3 mins, then test again. Once the jam is set, leave it to cool.

**6** Heat the oven to 200C/180C fan/gas 6. Butter a 24 x 32cm swiss roll tin and line with baking parchment (leaving plenty of excess hanging over the sides). Whisk the eggs and sugar with an electric whisk for 2-3 mins, or until thickened and pale.

**7** Fold the flour, baking powder and vanilla extract into the egg mixture with a large metal spoon until there are no pockets of flour. Gently tip into the prepared tin and bake for 15 mins, or until just golden and springy to the touch.

**8** Remove from the oven, leave to cool for 1-2 mins or until cool enough to handle, then carefully roll up the sponge while it's still warm (keeping the baking parchment attached). Leave to cool completely in its rolled-up shape.

**9** Uncurl the sponge and spread the jam on the inside. Working quickly, unwrap the ice cream and put it on top of the jam. Roll the cake up around it.

**10** Wrap in a new sheet of baking parchment, then a layer of foil. Return to the freezer for 20-30 mins, then unwrap, sprinkle with sugar, slice and serve immediately.

**PER SERVING** (8) 398 kcals • fat 14g • saturates 7g • carbs 62g • sugars 53g • fibre 1g • protein 6g • salt 0.2g







## Mango ice cream with cardamom-scented coconut sprinkles

*Serve up sunshine in a slice with this fabulous mango ice cream. Top with a scattering of crispy cardamom-scented coconut sprinkles or enjoy on its own – it's delicious either way.*

**SERVES** 8-10 **PREP** 15 mins plus at least 5 hrs freezing and cooling  
**COOK** 8 mins **EASY** ✱

400ml double cream  
100ml condensed milk  
200ml mango pulp  
2 tbsp milk powder  
**For the coconut sprinkles**  
100g coconut flakes  
3 tbsp maple syrup

10 cardamom pods, seeds crushed using a pestle and mortar, pods discarded

**1** Line a 900g loaf tin with baking parchment, leaving some overhanging to help you lift out the ice cream later. Whisk the cream and condensed milk together in a large bowl until well combined. Add the mango pulp and milk powder, then whisk until completely smooth and slightly thickened. Pour into the loaf tin and freeze for at least 5 hrs or overnight until solid. *Will keep frozen for up to two months.*

**2** To make the sprinkles, heat the oven to 180C/160C fan/gas 4 and spread the coconut flakes over a baking tray lined with baking parchment. Drizzle over the maple

syrup, then season with the crushed cardamom seeds and a generous pinch of sea salt flakes. Mix well using a spatula, then bake for 8 mins until golden. Leave to cool completely on the tray. *Will keep in an airtight container for a week.*

**3** Take the ice cream out of the freezer 15 mins before serving. Use the baking parchment to lift it out of the tin, then invert onto a serving plate and peel away the parchment. Sprinkle over the coconut, then cut into thick slices to serve.

**PER SERVING** (10) 341 kcals • fat 29g • saturates 19g • carbs 17g • sugars 16g • fibre 1g • protein 3g • salt 0.1g







**tip**

If you have any leftover, the cardamom-scented coconut sprinkles also taste great scattered over a bowl of porridge.



# Microwave 'bakes'

Forget slaving over a hot oven – these brilliant treats from chef **Tim Anderson** cook in just minutes, and are the perfect fix for a midweek craving





## Grapefruit & honey mixing bowl drizzle cake

*I absolutely love the aroma of fresh grapefruit – it's almost impossible not to feel uplifted when you slice into one. This gorgeous cake captures all the zingy juice and oils from the fruit beautifully, and it has the added benefit of being cooked in the same bowl that you mix it in, saving on the washing-up.*

**SERVES 8-10 PREP 20 mins plus cooling**  
**COOK 10 mins EASY**

200g butter  
50g honey  
150g golden caster sugar  
3 eggs  
200g plain flour  
50g fine cornmeal or polenta  
1 tsp bicarbonate of soda  
1½ tsp baking powder  
**For the citrus drizzle**  
1 pink grapefruit, zested and juiced  
2 lemons, zested and juiced  
100g honey  
**For the icing and decoration**  
120g icing sugar  
1 tbsp lemon juice  
pink or red food colouring gel  
sprinkles

**1** For best results, have everything at room temperature before you begin. For the drizzle, put the grapefruit and lemon juices in a medium heatproof bowl. Combine the zests, then add about a third to the bowl, along with the honey. Microwave, uncovered, for 2-3 mins until it boils. Set aside.

**2** Put the butter in a large plastic bowl and microwave, uncovered, for 1 min on medium until very soft (it's okay if it melts a bit). Tip in the honey and sugar, and whisk hard for a few minutes until the mixture is light and smooth. Beat in the eggs, one at a time, until well mixed, then add the flour, cornmeal, bicarbonate of soda, baking powder and ¾ tsp salt. Mix until just combined, then fold in the remaining citrus zests using a spatula, scraping down the sides and bottom of the bowl as you go. Cover and cook for 6 mins. While the cake is still warm, poke all over using a thin chopstick or skewer, then pour over half of the citrus drizzle.

**3** Return to the microwave and cook, uncovered, for 1 min. Leave to cool, then turn the cake out onto a plate. Poke holes in the upper surface of the cake as you did with the bottom, and pour over the rest of the citrus drizzle.

**4** Combine the icing sugar, remaining lemon juice and food colouring to make a drizzly pink icing, then pour this all over the cake and finish with a liberal scattering of sprinkles. Let the icing set before serving.

## Brown butter cornbread with chipotle mascarpone

*It doesn't get much better than cornbread. It's basically polenta cake, all sunshine yellow and cereal-sweet, but you eat it with savoury food. This one is based on brown butter to give it a wonderful nutty flavour, and topped with mascarpone spiked with chipotle paste – the spicy-savoury icing on the corn cake.*

**SERVES 8 PREP 15 mins plus cooling**  
**COOK 16 mins EASY**

150g butter  
80g honey  
150ml buttermilk or natural yogurt  
4 eggs  
250g fine polenta or cornmeal  
120g plain flour  
1½ tsp baking powder  
½ tsp bicarbonate of soda  
2 spring onions, chopped  
200g can sweetcorn, drained  
50g chipotle paste  
150g mascarpone

**1** Put the butter in a 23cm square baking dish (ideally silicone, but glass is fine too – do not use plastic, as the melted butter can reach temperatures above boiling) and loosely cover. Microwave for 5-6 mins until the butter melts completely and the milk solids brown. Tip the melted butter into a heatproof bowl and leave to cool slightly, then whisk in the honey, buttermilk and eggs. Add all the remaining ingredients to the butter mixture, except the chipotle paste and mascarpone, along with ½ tsp salt, and mix everything well. Tip the batter back into the baking dish, cover and cook for 10 mins.

**2** Beat the chipotle paste and mascarpone together until smooth. When the cornbread is done, leave to cool slightly before serving. Slice and serve with dollops of the chipotle mascarpone on top.





## Walnut brownies

Walnuts are fairly far down the list in my nut power rankings (it goes: macadamia, pecan, peanut, pistachio, hazelnut, pine nut, Brazil nut, walnut, cashew, almond), but I do like them in brownies. Miso has an affinity with both walnuts and chocolate, adding a nice fruitiness and, of course, saltiness to the mix. But if you don't have miso, feel free to leave it out – just replace it with 1 tsp salt instead and the recipe will work just the same.

**MAKES** 12-16 brownies **PREP** 15 mins plus cooling **COOK** 14 mins **EASY**

180g butter  
200g dark chocolate, chopped  
100g milk chocolate, chopped  
60-80g miso (any kind – use more for a stronger, saltier flavour)  
320g light brown soft sugar  
4 eggs  
1 tsp vanilla extract

180g plain flour  
50g cocoa powder  
1 tsp baking powder  
80g walnuts, roughly chopped

**1** Combine the butter and both chocolates in a large heatproof bowl and microwave, covered, for 2 mins until completely melted, stirring with a spatula at the end of cooking to ensure the mixture is smooth. Whisk in the miso, followed by the sugar.

**2** Beat the eggs into the chocolate mixture, one by one, whisking hard until the mixture is smooth and glossy. Add the vanilla, then the flour, cocoa powder and baking powder. Mix well with a whisk, then a spatula, to scrape down the sides and bottom of the bowl and fully incorporate the liquid into the dry ingredients. Finally, stir in the walnuts. Tip into a 23cm square silicone baking dish, then cover and cook for 10-12 mins. Cool fully before slicing and serving.

## Aunt Noël's banana cake with chocolate ganache & toasted nuts

Everybody loves my sister-in-law Noël's banana bread. What makes it so good? Well, it's basically a cake, considering how much sugar and butter is in it. Noël serves it as a side dish at Thanksgiving but frankly, this has always struck me as quite weird. Banana and turkey? But anyway, it's a delicious cake, especially with sweet chocolate and crunchy nuts scattered over the top.

**SERVES** 9-16 **PREP** 20 mins plus cooling  
**COOK** 25 mins **EASY**

4 over-ripe bananas, peeled	250g plain flour
100g caster sugar	1 tsp bicarbonate of soda
150g dark brown soft sugar	½ tsp baking powder
120g butter, at room temperature, plus extra for the tin	100g macadamia nuts
2 eggs	½ tsp vegetable oil
120ml buttermilk or natural yogurt	<b>For the ganache</b>
1 tsp vanilla extract	100g milk chocolate, finely chopped
	100g dark chocolate, finely chopped
	100ml double cream

**1** The bananas should be very ripe – totally brown and soft. If they're not, you can 'ripen' them in the microwave by cooking them in their peels for 1-2 mins until softened. Leave to cool before proceeding with the recipe.

**2** Beat the sugars and butter together until smooth, then add the bananas and mash well. Beat in the eggs, then the buttermilk and vanilla. Beat in the flour, bicarbonate of soda, baking powder and ¼ tsp salt, using a spatula to scrape down the sides of the bowl until the batter just comes together. Tip into a lightly buttered, deep baking dish (23cm round or 20cm square; ideally silicone or another heatproof material). Cook, uncovered, for 8-10 mins, then cover and cook for another 4-5 mins, or until the middle of the cake sets. Leave to cool in the dish before serving.

**3** Tip the macadamia nuts out onto a plate and toss with the oil and a pinch of salt until evenly coated. Microwave on high for 2 mins, then stir and repeat this process twice more, until the nuts are aromatic (6 mins in total). Note that the microwave has the unusual effect of toasting the inside of the nuts before their outsides take on colour, so use your nose rather than your eyes for this. Cool fully, then coarsely chop.

**4** To make the ganache, put the chopped chocolates in a heatproof bowl and the double cream in a separate bowl or jug. Microwave the cream for 2 mins until steaming (but ideally not boiling). Pour the hot cream over the chocolate and leave for a minute, then mix together with a spatula so the chocolate melts evenly through the cream. If there are any stubborn unmelted chunks of chocolate, microwave for 10-15 seconds more and stir again until the ganache is totally smooth.

**5** Pour the ganache over the cake and sprinkle over the chopped nuts. Leave to cool completely before serving.







Recipes adapted  
from *Microwave Meals*  
by Tim Anderson  
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Grant). Photographs  
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(Recipes are supplied  
by the publisher and  
not retested by us).



# GLUTEN-FREE COLLECTION

Indulge your sweet tooth with food writer **Laura Strange's** fast, fabulous bakes – plus, they're all gluten-free

## Florentines

*Golden caramel, fruit and nut biscuits smothered in chocolate, these florentines are utterly delicious and surprisingly easy to make.*

**MAKES 8** **PREP** 30 mins plus cooling and setting **COOK** 20 mins **EASY**

25g unsalted butter  
50g caster sugar  
2 tsp gluten-free plain flour  
40ml double cream  
80g flaked almonds  
30g dried fruit (such as raisins and cranberries)  
150g chocolate (milk, dark with at least 70% cocoa solids, white, or a mix)

- 1 Heat the oven to 200C/180C fan/gas 6 and line a large baking sheet with baking parchment. Put the butter, sugar and flour in a saucepan and heat over a low-medium heat for 5 mins, stirring occasionally until the butter has melted.
- 2 Pour the cream into the pan, 20ml at a time, stirring to combine. Heat for 2 mins until warm. Tip the nuts and dried fruit into the pan along with a pinch of salt, and stir well to coat the nuts and fruit completely in the caramel.
- 3 Spoon the mixture onto the baking sheet in eight small piles. Flatten slightly. Leave a little space between the piles, as they will spread. Bake for 10 mins.
- 4 Remove from the oven and, while still hot, neaten and reshape into circles. If they set too quickly, return to the oven for 1 min to soften, then shape.
- 5 Leave to cool for 10 mins on the baking sheet until they have firmed up, then slide the florentines on the baking parchment onto a wire rack to cool fully.
- 6 Once cooled, transfer the florentines to kitchen paper to blot off any excess butter, then turn upside-down and return to the wire rack.
- 7 Put the chocolate in a heatproof bowl and melt in the microwave in 30-second blasts, stirring between each. Spoon the melted chocolate over the florentines, spreading it carefully to the edges. Leave to cool for a few minutes, then use a fork to create a wave pattern, or turn the biscuits over and put on a silicone mat to get a smooth bottom. Leave to set for about 1 hr at room temperature. *Will keep in an airtight container for two days.*





Fluffy waffles,  
p124





## Mocha traybake with mascarpone cream

*What a sensational bake, with a beautifully moist chocolate coffee sponge and creamy mascarpone topping, dusted with chocolate. It's absolute heaven to eat.*

**SERVES 12** **PREP** 25 mins plus cooling  
**COOK** 30 mins **EASY**

225ml vegetable oil, plus extra for the tin  
250g ricotta  
3 eggs  
50g cocoa powder  
2½ tbsp instant coffee granules (decaffeinated, if you like)  
300g gluten-free self-raising flour  
1 tsp baking powder  
½ tsp xanthan gum (if your gluten-free flour blend does not contain xanthan, increase to 1 tsp)  
300g caster sugar  
**For the icing and topping**  
250g mascarpone  
125g icing sugar  
1 tsp vanilla bean paste  
125ml double cream  
10g cocoa powder, for dusting

**1** Heat the oven to 190C/170C fan/gas 5. Oil a 23 x 33cm cake tin and line with baking parchment. Drain any excess liquid off the ricotta, then put

in a large bowl with the eggs, and mix until smooth and lump-free.

**2** In a second heatproof bowl, whisk the cocoa powder, coffee granules and 120ml boiling water together using a fork until smooth and glossy. Add the oil and mix to combine. Tip the coffee mixture into the bowl with the eggs and ricotta, and mix until smooth.

**3** Sift in the flour, baking powder, xanthan gum and caster sugar, and mix until very smooth. Pour the batter into the prepared tin, then shake/wiggle the tin to level out the batter. Bake for 25-30 mins until a skewer inserted into the centre of the cake comes out clean. If there is liquid batter on the skewer, bake for another 5 mins. Leave to cool in the tin for 10 mins (don't leave any longer, or it will start to get soggy around the edges).

**4** Carefully invert the cake onto a wire rack to cool. Lift the tin off the cake and carefully peel off the baking parchment. Leave to cool fully.

**5** To make the icing, whisk the mascarpone, icing sugar and vanilla together in a large bowl. Add the cream and beat for 1 min until you have a thick, stiff mixture. Put the cake on a serving board, then spread the frosting over the top. Finish with a liberal dusting of cocoa powder.



## Fluffy waffles

**MAKES 4-6** (depending on your waffle maker size) **PREP** 20 mins plus optional chilling **COOK** 15 mins **EASY**

200g gluten-free plain flour  
2 tsp gluten-free baking powder  
2 eggs  
40ml vegetable oil  
180ml semi-skimmed milk (or use buttermilk for extra-fluffy waffles)  
toppings of your choice, such as ice cream, chocolate sauce, chocolate hazelnut spread, fresh fruit, cream or syrup

**1** Combine the flour and baking powder in a large bowl. Add the eggs and oil, and stir to combine as fully as possible. Add about 50ml milk or buttermilk, and mix until you have a thick, smooth batter, then mix in the remaining milk.

**2** Strain the mixture through a mesh sieve into a measuring jug to remove any small lumps, then either use straightaway or, for extra-fluffy waffles, chill for at least 30 mins or overnight. (This helps the flour soak up any extra liquid, then release more steam during cooking to make fluffier waffles, but they are still very good made straightaway.)

**3** Slowly pour the batter into the waffle maker so it just covers the mould without any overflowing, and cook, with the lid closed, for about 5 mins, or as per the manufacturer's instructions.

**4** Once cooked through, carefully ease the waffles out of the waffle maker and enjoy warm with any toppings of your choice.





## Lemon curd & almond muffins

*An easy muffin recipe with a melting lemon curd centre, lemon icing and flaked almonds to finish. If you are a lemon fan like me, you will simply love these.*

**MAKES 6** **PREP** 20 mins plus cooling **COOK** 30 mins **EASY**

120g caster sugar  
100g gluten-free self-raising flour  
80g ground almonds  
1 tsp baking powder  
¼ tsp xanthan gum (if your gluten-free flour blend does not contain xanthan, increase to ½ tsp)  
2 eggs  
120ml vegetable oil

130g lemon curd, plus 6 tsp for the topping  
40g Greek-style yogurt  
**To decorate**  
40g icing sugar  
½ lemon, zested, plus 1 tsp juice  
toasted flaked almonds, for sprinkling

- 1** Heat the oven to 190C/170C fan/gas 5. Combine the sugar, flour, ground almonds, baking powder, xanthan gum and a pinch of salt in a large bowl, and stir well to combine.
- 2** Add the eggs and oil, and mix until you have a smooth, stiff batter, then mix in the lemon curd and yogurt – the batter should ease up a little.
- 3** Divide the batter evenly between six tulip-style paper muffin cases (regular cupcake cases will be too

small – see tip), and spoon 1 tsp lemon curd over the top of each, pressing it down very gently so you can still see the curd, but it is level with the top of the muffin batter. The cake will rise and bake around the curd, creating a soft, lemony centre. Bake on the middle shelf of the oven for 25-30 mins.

**4** Transfer the muffins to a wire rack to cool completely. Once cooled, make the lemon icing. Sift the icing sugar into a large bowl, add half of the lemon zest and just enough lemon juice to make a thick icing. Use a piping bag or teaspoon to drizzle the icing over the muffins, then sprinkle over the remaining lemon zest and toasted flaked almonds.

**tip**  
If you don't have tulip muffin cases, you can make smaller muffins in 12 cupcake cases. Reduce the baking time to 20 mins, and only add ½ tsp lemon curd to the top of each.



Recipes adapted from  
*Eat & Enjoy Gluten Free*  
by Laura Strange  
(£24, Hardie Grant).  
Photographs © Lizzie Mayson. (Recipes are supplied by the publisher and not retested by us).



# *Sumptuous seasonal bakes*

Celebrate summer with sugary seaside  
doughnuts, fruity tarts and luscious cakes

Easy  
speculoos  
cake, p128







## Peach tarte tatin

**SERVES 4** **PREP** 5 mins plus resting  
**COOK** 30 mins **EASY**

320g sheet puff pastry  
30g unsalted butter  
2 tbsp caster sugar  
2 peaches, stoned and sliced  
into 16 wedges each  
vanilla ice cream, to serve  
(optional)

**1** Heat the oven to 200C/180C fan/  
gas 6. Use an 18cm ovenproof  
frying pan as a template to cut out  
a circle of puff pastry. Melt the

butter in the same frying pan over a  
low heat, then stir in the sugar for a  
few minutes until it has dissolved,  
before adding the peaches. Cook over  
a medium-high heat for 5 mins until  
the sauce is bubbling and thickened.

**2** Remove the pan from the heat  
and lay the puff pastry circle on top.  
Carefully tuck the edges in using a  
tablespoon. Bake for 25 mins until  
the pastry is golden brown. Leave to  
stand for 2 mins before turning out  
onto a plate. Serve with ice cream,  
if you like.

**PER SERVING** 334 kcs • fat 19g • saturates 10g •  
carbs 35g • sugars 14g • fibre 1g • protein 4g •  
salt 0.4g

### tip

Don't waste the scraps of puff  
pastry – turn them into cinnamon  
straws. Dust with cinnamon sugar,  
cut into strips and twist into spirals  
– don't worry if they're different  
lengths. Bake at 180C for  
10-12 mins until golden brown.



## Lemon curd, mascarpone & passion fruit tart

Serve this vibrant tart as an easy dessert. Its tropical flavours make it perfect for summer gatherings.

**SERVES 6** **PREP** 15 mins plus cooling **COOK** 20 mins **EASY**

320g sheet puff pastry  
1 egg, beaten  
250g mascarpone  
150ml double cream  
6 tbsp lemon curd  
3 passion fruit, seeds only  
30g shelled pistachios, chopped

**1** Heat the oven to 200C/180C fan/gas 6. Unravel the puff pastry onto a baking tray lined with baking parchment. Score a 2cm border around the edge of the pastry using a sharp knife, then brush the border with the egg.

**2** Bake for 15-20 mins, or until golden and crisp. Gently push down the middle using the back of a spoon, then leave to cool completely.

**3** Whisk the mascarpone, double cream and 3 tbsp lemon curd together until soft and spoonable. Fold in the rest of the lemon curd and a third of the passion fruit seeds.

**4** Spoon the cream mixture into the centre of the pastry and scatter over the remaining passion fruit seeds and chopped pistachios.

**PER SERVING** 602 kcal • fat 50g • saturates 28g • carbs 30g • sugars 12g • fibre 3g • protein 8g • salt 0.6g



## Easy speculoos cake

Love speculoos biscuits? Use them to make this gorgeous cake, which also makes the most of speculoos spread.

**SERVES 12** **PREP** 20 mins plus cooling **COOK** 30 mins **EASY**

175g unsalted butter, at room temperature  
175g light brown soft sugar  
150g speculoos biscuit spread  
50g natural yogurt  
4 eggs  
1 tsp vanilla extract  
1 tsp ground cinnamon  
175g self-raising flour  
4 tbsp caramel or dulce de leche  
6 speculoos biscuits, roughly crushed  
**For the icing**  
200g unsalted butter  
400g icing sugar  
100g speculoos biscuit spread

**1** Heat the oven to 180C/160C fan/gas 4 and line the bases of two 20cm cake tins with baking parchment. Beat the butter and sugar together using an electric whisk for about 2 mins until light and fluffy. Add the spread and beat again to combine.

**2** Combine the yogurt, eggs and vanilla in a jug, then add this to the biscuit mixture along with the cinnamon, flour and a pinch of salt. Beat for 1-2 mins until combined. Divide between the tins, level the tops using a spatula and bake on the middle shelf of the oven for 30 mins until risen and golden, or a skewer inserted into the middles comes out clean. If wet batter remains, bake for 5 mins more, then check again. Leave in the tins for 15 mins, then turn out onto a wire rack to cool completely.

**3** To make the icing, beat the butter, half the sugar and all the biscuit spread together using an electric whisk until smooth. Add the rest of the sugar and beat again. Warm the caramel in the microwave for 30 seconds to loosen. Sandwich the two sponges together using half the icing and a drizzle of caramel, then spread the rest of the icing over the top and sides. Drizzle over the rest of the caramel and sprinkle over the crushed biscuits. *Will keep in a cake tin for up to four days.*

**PER SERVING** 657 kcal • fat 36g • saturates 19g • carbs 76g • sugars 59g • fibre 1g • protein 5g • salt 0.7g



## Peanut butter & jam flapjacks

*Flavour flapjacks with the classic American combo of salty peanut butter and fruity jam. Use any variety of jam that you like.*

**MAKES 9** **PREP** 15 mins plus cooling  
**COOK** 30 mins **EASY**

5 tbsp salted butter, plus extra for the tin  
250g crunchy peanut butter  
8 tbsp strawberry or raspberry jam  
80g light brown soft sugar  
200g rolled oats

**1** Heat the oven to 180C/160C fan/gas 4. Butter the base and sides of a 20cm square cake tin and line with baking parchment. Put 3 tbsp each of the peanut butter and jam in separate small bowls and set aside. Tip the remaining peanut butter, the rest of the jam and the unsalted butter and sugar into a pan set over a medium heat and stir until everything has melted together. Quickly stir in the oats, then leave to cool for 5 mins.

**2** Spoon the mixture into the prepared cake tin and gently press down with your hands. Dot over the reserved peanut butter and jam, then bake for 20-25 mins or until golden brown. Leave to cool completely in the tin, then turn out onto a board and cut into squares.

**PER SERVING** 399 kcal • fat 23g • saturates 7g • carbs 34g • sugars 19g • fibre 4g • protein 11g • salt 0.4g







## Seaside-style doughnuts

**MAKES 40 PREP 20 mins**

**COOK 25 mins EASY**

2 eggs  
300ml soured cream  
400g self-raising flour, plus extra  
for dusting  
1 lemon, zested (optional)  
2 tbsp caster sugar, plus 75g  
for dusting  
½ tsp bicarbonate of soda  
40g butter, cut into cubes and  
slightly softened  
vegetable oil, for deep-frying

**1** Whisk the eggs and soured cream together in a jug and set aside. Tip the

flour, lemon zest (if using), 2 tbsp sugar, the bicarbonate of soda and a pinch of salt into a medium bowl, stir briefly to combine, then rub in the butter using your fingertips until the mixture resembles coarse breadcrumbs. Pour in the soured cream mixture, and bring together into a dough using a cutlery knife.

**2** Turn the dough out onto a floured surface. Knead briefly until you have a cohesive dough with no dry streaks of flour. Lightly flour the top, then pat it down until it's about 2.5cm thick. Stamp out doughnuts using a 3.5cm round cutter, re-rolling the offcuts until you have about 40 doughnuts.

**3** Fill a medium saucepan no more than a third full of oil. Heat over a low

heat to 180C, or until a cube of bread dropped in sizzles and browns within 30 seconds. Tip the 75g sugar into a shallow bowl. Set aside.

**4** Carefully lower the doughnuts into the hot oil and fry for 3–4 mins until golden and cooked through, gently moving them using a fish slice or slotted spoon so they are evenly coloured. Transfer to a wire rack set above kitchen paper to drain, then, while still hot, toss in the bowl of sugar to coat. If you like, divide between paper bags before serving. *Best served the day they're made.*

**PER SERVING** 92 kcals • fat 5g • saturates 2g • carbs 11g • sugars 3g • fibre 0.4g • protein 2g • salt 0.2g



## Vegan millionaire's shortbread

*Plant-bases and gluten-free, these chocolatey treats are just as moreish as the original version.*

**MAKES 16** **PREP** 30 mins plus cooling  
and 3 hrs chilling **COOK** 5 mins  
**MORE EFFORT VE**

vegetable oil, for the tin

150g cashew nuts

50g rolled oats

4 medjool dates, pitted

50g coconut oil, melted

**For the filling**

350g pitted medjool dates

125ml unsweetened almond milk

25ml maple syrup

150g coconut oil

1 tsp vanilla extract

**For the topping**

150g coconut oil

5 tbsp cocoa powder

2 tsp maple syrup

**1** Oil a 20cm square cake tin and line with baking parchment. Tip the cashew nuts and oats into a food processor and blitz to crumbs. Add the dates and coconut oil, and blitz again. Transfer to the tin and use a spoon to press the mixture into a compact, even layer that covers the base. Chill while you make the filling.

**2** For the filling, put the dates, almond milk, maple syrup and coconut oil in a saucepan with a generous pinch of salt and bring to a simmer. Boil for 2-3 mins until the dates are really soft. Cool slightly, then tip into a blender, add the vanilla and blitz to a smooth purée. The caramel will be

hot, so be careful when handling. Add a little more salt if the mixture is too sweet. Pour over the nutty base and spread to the sides of the tin, getting the surface as smooth as possible. Chill while you prepare the topping.

**3** Gently heat the coconut oil in a saucepan until melted. Remove from the heat and whisk in the cocoa and maple syrup until there are no lumps. Cool for 10 mins, pour over the caramel layer and return to the fridge for at least 3 hrs, or until firmly set. To serve, cut into squares. *Will keep in the fridge for up to a week.*

**PER SERVING** 373 kcals • fat 28g • saturates 20g •  
carbs 25g • sugars 20g • fibre 3g • protein 4g • salt none







## Coffee & caramel cupcakes

**MAKES 12** **PREP** 45 mins plus cooling  
and 30 mins chilling **COOK** 20 mins  
**MORE EFFORT**

170g self-raising flour  
5 cardamom pods, seeds removed,  
toasted and ground  
½ tsp baking powder  
50g pitted dates, finely chopped  
115g unsalted butter, softened  
170g light brown soft sugar  
1 tsp vanilla bean paste  
2 eggs  
115g unsweetened soya or  
regular milk  
2 tbsp instant coffee granules  
397g can caramel or dulce de leche

### For the buttercream

200g unsalted butter, at  
room temperature  
120g white tahini  
1 tsp vanilla bean paste  
170g icing sugar

**1** Heat the oven to 180C/160C fan/  
gas 4. Line a 12-hole muffin tin with  
paper cases. Whisk the flour, ground  
cardamom, baking powder and ½ tsp  
salt together. Set aside.  
**2** Combine 1 tbsp of the flour mixture  
with the chopped dates and toss to  
coat, then set aside.  
**3** Beat the butter in a stand mixer  
fitted with the paddle attachment for  
about 30 seconds until smooth. Tip  
in the brown sugar and beat on high

speed for about 8-10 mins until pale,  
light and fluffy. Add the vanilla and  
beat again to combine. With the  
motor on low speed, add the eggs, one  
at a time, mixing well between each  
addition. Heat the soya milk in a  
heatproof jug in the microwave for  
20 seconds until warm, but not hot.  
Stir in the coffee granules until  
dissolved. Set aside.

**4** Sift a quarter of the flour mixture  
into the butter and egg mixture, then  
use a spatula to fold together until  
just combined. Fold in a third of the  
milky coffee. Repeat until everything  
is used and no streaks of flour remain.  
Fold in the dates.

**5** Divide the batter between the cases  
and bake for 17-20 mins, or until  
a skewer inserted into the middles  
comes out clean. Cool in the tin for  
15 mins, then transfer to a wire rack  
to cool completely.

**6** Meanwhile, make the tahini  
buttercream. Melt the butter in a  
large saucepan over a medium-low  
heat, stirring continuously for  
10 mins. It will froth up vigorously,  
and you should start to see light  
brown solids form at the bottom.  
Pour into a heatproof bowl.

**7** Leave the butter to cool slightly,  
then transfer to the fridge for about  
30 mins, stirring occasionally until it  
is a spreadable consistency. Transfer  
to a stand mixer, add the tahini and  
beat until combined. Add the vanilla  
paste along with a pinch of salt, and  
mix again. Mix in the icing sugar, a  
little at a time, beating well between  
each addition to fully incorporate.  
Beat again on high for 7-10 mins  
until smooth. Chill until needed.

**8** When the cakes have cooled,  
carefully remove the centres using  
a sharp knife or corer, reserving the  
cut-out pieces. Mix a pinch of salt  
into the caramel, then spoon (or pipe)  
this into the gaps and cover using  
the cut-out pieces.

**9** Transfer the buttercream to a  
piping bag fitted with a large star  
nozzle and pipe the frosting over the  
cupcakes in swirls. Or, spread over  
the cupcakes using a palette knife.  
*Will keep in an airtight container for  
up to two days.*

**PER SERVING** 546 kcal • fat 31g • saturates 16g •  
carbs 59g • sugars 48g • fibre 2g • protein 7g •  
salt 0.5g



### Vegan chocolate cake

*This special chocolate sponge is made using dairy substitutes and finished with luscious 'buttercream'.*

**SERVES** 10-12 **PREP** 35 mins plus cooling **COOK** 30 mins **EASY** **VE**

150g vegan spread, plus extra for the tins  
 300ml plant-based milk (we used oat)  
 1 tbsp cider vinegar  
 300g self-raising flour  
 200g golden caster sugar  
 4 tbsp cocoa powder  
 1 tsp bicarbonate of soda  
 ½ tsp vanilla extract  
**For the buttercream**  
 100g dairy-free dark chocolate  
 200g vegan spread  
 400g icing sugar  
 5 tbsp cocoa powder  
 1 tbsp plant-based milk

### To decorate

handful of seasonal fruits, such as cherries, blackberries or figs

**1** Heat the oven to 190C/170C fan/gas 5. Butter the base and sides of two 20cm sandwich tins, then line the bases with baking parchment. Put the milk in a jug with the vinegar – it will split, but don't worry. Put all the other cake ingredients in a large bowl, pour in the milk mix and beat until smooth. Divide equally between the prepared cake tins and bake for 25-30 mins, or until a skewer inserted into the middle of the cakes comes out clean. Leave to cool in the tins for 10 mins, then turn out onto wire

racks to cool completely.

**2** Meanwhile, make the buttercream. Put the chocolate in a heatproof bowl and melt in the microwave, stirring every 30 seconds. Leave to cool for 5 mins. Beat the spread and icing sugar together with a wooden spoon, then sift in the cocoa powder and a pinch of salt. Pour in the melted chocolate and the milk, and continue mixing until smooth.

**3** Sandwich the cooled sponges with half of the buttercream, then smooth the rest of the buttercream on top and down the sides. Top with the fruit.

**PER SERVING (12)** 606 kJals • fat 30g • saturates 8g • carbs 75g • sugars 53g • fibre 4g • protein 6g • salt 1.2g







## Strawberries & cream scone cobbler

**SERVES 4** **PREP** 20 mins plus resting  
**COOK** 25 mins **EASY**

850g strawberries, hulled and halved,  
or quartered if large  
1-2 tbsp caster sugar (optional)  
75g strawberry jam  
1 tsp vanilla extract

2 tsp lemon juice or balsamic vinegar  
2 tsp cornflour  
ice cream or clotted cream, to serve

### For the scone topping

200g self-raising flour, plus extra  
for dusting  
½ tsp baking powder  
50g cold butter, cut into small pieces  
50g caster sugar, plus extra  
for sprinkling  
125g buttermilk or plain yogurt, plus  
extra for brushing

**1** Tip the strawberries into a bowl and sprinkle over 1-2 tbsp sugar if needed (they may not need any in summer when they're at their sweetest). Gently stir in the jam, vanilla, lemon juice and cornflour, being careful not to break up the strawberries. Tip the mixture into a baking dish (ours was

18 x 28cm) and heat the oven to 200C/180C fan/gas 6.

**2** To make the scone topping, tip the flour into a large bowl and add the baking powder. Rub in the butter using your fingertips until the mixture resembles breadcrumbs. Add the sugar and a pinch of salt, then pour in the buttermilk and use a cutlery knife to combine until it starts to clump together. Use your hands to knead the dough briefly until you have a rough, sticky dough, making sure no loose flour remains.

**3** Tip the dough onto a floured work surface and dust with more flour. Press into a roughly 1.5cm-thick disc and stamp out eight scones using a small, round, fluted biscuit cutter – you'll need to reuse the offcuts to make eight. Arrange these over the strawberry mixture in a single layer.

**4** Brush the tops of the scones with a little buttermilk, sprinkle over a little sugar and bake for 25 mins until the scones are golden brown and the strawberry filling is bubbling. Leave to stand for 10 mins before serving with ice cream or clotted cream.

PER SERVING 581 kcals • fat 30g • saturates 9g •  
carbs 59g • sugars 34g • fibre 1g • protein 12g • salt 0.4g

## Battenberg blondies

**MAKES 25** **PREP** 15 mins plus cooling  
**COOK** 40 mins **EASY**

200g unsalted butter, cut into cubes,  
plus extra for the tin  
300g light brown muscovado sugar  
200g white chocolate,  
roughly chopped  
1 tsp vanilla extract  
3 eggs, beaten  
225g plain flour  
½ tsp baking powder  
2 tbsp milk powder (optional – see  
tip, below)  
150g golden marzipan, cut into  
½ cm cubes  
few drops of pink food colouring gel

**1** Heat the oven to 180C/160C fan/gas 4. Butter a 20cm square tin and line with baking parchment. Melt the butter in a large saucepan over a medium heat, then remove from the heat and stir in the sugar and half the white chocolate. Leave to cool for 10 mins, then beat in the vanilla and beaten eggs. Mix the flour, baking powder, milk powder (if using) and 1 tsp sea salt flakes or ½ tsp fine sea salt together in a separate bowl. Tip the dry ingredients into the wet and stir well to combine, making sure no pockets of flour remain. Finally, scatter in the marzipan and remaining white chocolate, and stir these through the mixture.

**2** Pour half the batter into a second bowl and stir in drops of pink food colouring until evenly coloured. Spoon dollops of the pink and plain batters alternately into the tin, then gently swirl together using a cutlery knife to create a marbled effect.

**3** Bake for 30-40 mins until the blondies are set at the edges with a slight wobble in the middle. Leave to cool completely in the tin, then cut into squares to serve. (If you like, chill overnight before cutting for neater squares.) *Will keep in an airtight container for up to five days.*

PER SERVING 215 kcals • fat 10g • saturates 6g •  
carbs 27g • sugars 20g • fibre 0.5g • protein 30g •  
salt 0.2g

### tip

The milk powder adds creaminess, but isn't essential.







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## Get the most from our recipes

**Good Food is the UK's No 1 food lifestyle media brand. We're passionate about food and cooking. While recipes are our focus, we're committed to helping you have the best food experience you can. We take food seriously, but also believe it's a pleasure to be enjoyed, whether cooking for the family or trying new recipes. We would love you to share your efforts with us on social media.**

### Cook with confidence

All the recipes are tested thoroughly, so they'll work first time for you at home. Most are developed in our test kitchen by our cookery team. No matter who writes the original recipe, each one is thoroughly tested. Your time and money are precious, so we want to guarantee you a perfect result every time.

- Always read the recipe before starting, and use standard measuring spoons for accuracy.
- If egg size is important, we'll state it in the recipe.

### Vegetarian and vegan recipes

The recipes in this issue assume that you are using vegetarian or vegan ingredients, where applicable. Always check the labels, especially for cheese, sugars, vinegars, stock cubes, spreads and sauces. You'll find vegetarian hard cheese in most supermarket economy ranges.

### What our labels mean

**EASY** Simple recipes everyone can make, even beginners.

**MORE EFFORT** These require a bit more skill.

**A CHALLENGE** More complex recipes for skilled home cooks.

**VE** Suitable for vegans (see above).

If we say you can freeze a recipe (❄), freeze for up to three months unless otherwise stated. Defrost thoroughly.

### Helping you eat well

Our BANT-registered nutritionist analyses our recipes on a per serving basis, not including optional suggestions. You can compare these amounts with the Reference Intake (RI), the official amount an adult should consume daily: Energy 2,000 kcals, Fat 70g, Saturates 20g, Carbohydrates 260g, Sugars 90g, Protein 50g, Salt 6g (please note, RIs for total fat, saturates, sugar and salt are the maximum daily amounts).

We do not nutritionally analyse book extracts, and some recipes may not state salt and sugar content



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Trusted recipes from the Good Food test kitchen



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Cheesy risotto cakes with herbed pistachio yogurt **66**

Cosmonaut **110** ●  
Garlic & herb soft cheese **36**  
Peanut butter **36** ●  
Pink negroni **110**  
Purple sprouting broccoli with vinaigrette **102** ●  
Rosemary fried potatoes **102** ●  
Strawberry & elderflower rosé punch **111** ●  
Teriyaki tempeh with peanut dip **54** ●  
Vegan bean chilli fries **28** ●

## SWEET TREATS & BAKES

Aunt Noël's banana cake with chocolate ganache & toasted nuts **120**  
Battenberg blondies **134**  
Charred & smoky peach sundae **138**  
Classic arctic roll **114**  
Coffee & caramel cupcakes **132**  
Coffee ground cookies **66**  
Easy speculoos cake **128**  
Florentines **122**  
Fluffy waffles **124**  
Grapefruit & honey mixing bowl drizzle cake **119**  
Leftover soup muffins **64**  
Lemon curd & almond muffins **125**  
Lemon curd, mascarpone & passion fruit tart **128**  
Mango ice cream with cardamom-scented coconut sprinkles **116**  
Maple & ginger baked plums **95** ●  
Mocha traybake with mascarpone cream **124**  
Neapolitan frozen cheesecake **112**  
Peach tarte tatin **127**  
Peanut butter & jam flapjacks **129**  
Seaside-style doughnuts **130**  
Strawberries & cream scone cobbler **134**  
Tres leches ice cream with lime-macerated strawberries **114**  
Vegan chocolate cake **133** ●  
Vegan millionaire's shortbread **131** ●  
Walnut brownies **120**



# Sizzling sundae

Layer barbecued peaches between ice cream and frozen berries for a true taste of summer

## Charred & smoky peach sundae

**SERVES 4** **PREP** 10 mins

**COOK** 10 mins **EASY**

415g can peach halves in juice or light syrup  
200g frozen raspberries  
4 scoops vanilla ice cream  
30g flaked almonds  
150ml double cream

**1** Drain the peaches, reserving the liquid, then char on a hot barbecue for 5-8 mins (see tip). Transfer to a flameproof pan or tray, and set aside.

**2** Purée the reserved liquid from the peaches and 130g of the frozen raspberries together in a blender or using a hand blender. Chill until needed. *Will keep chilled for a day.*

**3** About 10 mins before serving, remove the ice cream from the freezer to soften slightly, and set the pan of peaches over the still-warm barbecue for about 5 mins to warm through. If you like, toast the flaked almonds in a small, dry pan over a low heat. Put the cream in a bowl and whip until it leaves a ribbon trail when the whisk is lifted out.

**4** Cut each warmed peach half into three pieces, then divide between

bowls or coupe glasses and top with a scoop of ice cream, 1-2 dessert spoonfuls of the raspberry purée and an equal amount of whipped cream. Scatter over the rest of the berries along with the flaked almonds.

**PER SERVING** 396 kcals • fat 29g • saturates 16g • carbs 26g • sugars 25g • fibre 3g • protein 5g • salt 0.2g

### tip

You can also char the peaches in a hot griddle pan over a medium-high heat for about 3-4 mins on each side.







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# to best ever brownies

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